



## Small Group Training Schedule

*Beginning the week of January 2<sup>nd</sup> to the week of March 6<sup>th</sup>, 2017*

	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
Morning	9am <b>Mixed Levels Mat</b>	9am Reformer Challenge	9am <b>Ball Pilates</b>	9am <b>Functional Flexibility Level 2</b>	9am Core Reformer		9am <b>Mixed Levels Mat</b>	9am Core Reformer		9am Foundation Reformer <i>5 weeks for \$150 Begins Feb 11<sup>th</sup></i>
	10am <b>Aging Actively Level 2</b>	10am Reformer Boost							10:30am Reformer Progression	10am Foundation Reformer <i>5 weeks for \$150 Begins Feb 11<sup>th</sup></i>
								11:30am Reformer Boost		
Afternoon	12noon Back Care Level 2		2pm Aging Actively Reformer Level 1		1pm Reformer Boost		4:30pm Aging Actively Reformer Level 1		12:30pm Core Reformer	Private Training Available Upon Request
	2pm Core Reformer (Starting Jan 23 <sup>rd</sup> )		3pm Core Reformer							
			4pm Reformer Boost							
Evening	5:45pm Reformer Challenge		5:45 pm <b>TRX Suspension Training Begins Jan 31<sup>st</sup> 6 weeks \$108</b>		5:45pm <b>Equilibrium Pilates</b>	5:45pm Reformer Boost	5:45pm Reformer Boost			
			7pm Reformer Challenge		7pm Reformer Progressions		7pm <b>TRX Suspension Training</b>			

Classes in **Red** are Mat based training. Private training is highly recommended prior to enrolling.

Classes in **Blue** are Reformer based training. Due to the specific nature of the equipment, private training is mandatory before enrolling for a session.

# Descriptions

Mat Based Training	Reformer Based Training
<p><b>Restorative Pilates</b> - A specialized mat work class catering to clients looking for a challenging and varied workout but are faced with exercise restrictions due to joint, bone or spinal conditions. This class aims to improve core strength and postural alignment, while improving stability, endurance, balance and functional strength. Various light equipment (props) are incorporated into each class to challenge the body in different ways and to keep exercises interesting. Movement creates wellness</p>	<p><b>Intro To Reformer</b> — The Pilates Reformer is the key piece of equipment in any Pilates training studio that combines core strength, flexibility and mobility with upper body and lower body strengthening. This unique machines will help you align your body to make more effective connections. This 5-week intro class is for those with no previous reformer experience.</p>
<p><b>Mixed Levels</b> - This class is designed to accommodate all levels of ability in Pilates Mat work. Different levels of challenge will be offered during class, so whether you are just starting out or have been doing Pilates for years you will find the appropriate challenge in this class!</p>	<p><b>Reformer Progressions</b> - This class is appropriate for anyone looking to move beyond Basic Reformer and for those ready to add more challenge to their workout. Modifications will be provided as needed, so don't think you need to be an expert to enter this level but be prepared for introduction to use of small equipment to add challenge to exercises.</p>
<p><b>Ball Pilates</b> - Get ready to have a ball! This workout is a challenge with the large stability ball, toning balls and a small inflatable ball. Its ability to challenge stability and balance while promoting flexibility and power makes for a stimulating and unique workout!</p>	<p><b>Core Reformer</b> - This workout is an intense, moderate-paced challenge with both Essential and Intermediate Reformer exercises woven together to create a smooth flow. This class is one of the more challenging on our schedule, so be prepared to take yourself to the next level!</p>
<p><b>Equilibrium Pilates</b> – Suitable for clients with a solid grasp of pilates principles, this class focuses on correct technique and building better proprioception. Improve your posture and performance, whether it is in the garden or while doing your favourite sport. Various props are incorporated to challenge you in all planes of motion to achieve a more balanced, coordinated and agile you.</p>	<p><b>Reformer Boost</b> - This workout is an intense, fast-paced challenge with both Essential and Intermediate Reformer exercises put together into a smooth-flowing class with little room to rest! This level of Reformer workout will also introduce you to some of the athletic-based exercises.</p>
<p><b>Performance Pilates</b> - Focusing on the body-sculpting benefits of Pilates, with fat-melting cardio training and functional fitness targeting core strength to tone and shape your whole body this class will help retrain unbalanced muscles, ignite the core, and build strength from within. Jumpstart your metabolism, optimize athletic performance, and train smarter with the combination of body control and power movements. You do not have to be an athlete to join...but be ready to work out like one!</p>	<p><b>Reformer Challenge</b> - This reformer class challenges your core &amp; total body strength while elevating your heart rate. As always focus is placed proper form and technique.</p>
<p><b>HIIT</b> – High Intensity Interval Training (HIIT for short) is cardiovascular training that alternates short, high intensity intervals with longer slower intervals for recovery. This type of training has been proven to increase athletic performance, and improves the body's ability to burn fat. Join us for some HIIT training and take your cardio fitness to a new level!</p>	<p><b>Combo TRX/Reformer</b> - This is a High Intensity Interval class on the reformer. 55 Minutes of Core strengthening half on the reformer, half using the TRX. Full body toning and cardio combined work out for a fantastic heart rate raising work out.</p>
<p><b>TRX Suspension Training</b> - TRX is suspension training. This one of a kind workout uses your body weight as the resistance. Suspension Training® allows for the use of multiple planes of motion and works multiple muscles and joints simultaneously but is easy to adapt for all levels of ability by changing how you position your body.</p>	<p><b>Back Care Reformer</b> - The Reformer is an ideal place for those with back problems or spinal conditioning to improve mobility and increase core strength and decrease pain. This class takes into consideration those clients with spinal</p>
<p><b>Functional Flexibility</b> - Flexibility is one of the most important aspects of fitness. This Class will guide your body through a series of stretches that promote correct body alignment and over all well-being. It highlights the importance of engaging the core which will reduce the risk of injury, back pain, increases range of motion, flexibility and balance. Stretching assists with relaxation, flexibility, strength and fitness.</p>	
<p><b>Aging Actively</b> - This speciality class helps older adults meet their health and fitness needs. Posture, balance and stability are a major focus. All work is done seated in a chair or standing for a safe and effective environment.</p>	<p><b>Pelvic Floor Pilates</b> - “Pelvic Floor Health is a Fitness Issue!” Join us to practice the 10 essential PFilates™ exercises that are scientifically proven to activate and strengthen your pelvic floor, abs and tone your lower body all at the same time!</p>

- Due to limited number of spaces in classes, we do recommend pre-registration. Should you prefer to do a drop-in class, please call to inquire about availability.
- Missed the beginning of the session? You can join a session any time and we'll pro-rate the cost of your session.

- Classes listed in **Blue are Reformer Based Classes**. The reformer is unique piece of Pilates equipment and helps make core connections more efficient. Private training is the ideal place to learn the basics of Reformer training and is required
- We offer make-up classes as a courtesy to our clients should you be unable to make a class. All make-ups classes must be completed within the session they were purchased.