

PILATES
SCHEDULE
MARCH.24



MON	TUES	WED	THURS	FRI	SAT	SUN
		6:00am - 7:00 am Int/Adv Reformer Sarah				
7:00am -8:00am All Levels Reformer Sarah	7:00am -8:00am All Levels Reformer Melanie	7:00am -7:45am Blood Flow Restriction Reformer Cezanne		7:00am -7:45am Level 2/3 Reformer Lynette		
8:30am -9:15am All Levels Reformer Allison	8:30am -9:30am Pilates with Props Lawren	8:30am -9:30am All Levels Reformer Melanie	8:30am -9:30am Int/Adv Reformer Melanie	8:30am -9:30am Pilates with Props Alex	8:30am -9:30am All Levels Reformer Allison	11:00am - 11:45am Pilates Stretch Alex
9:30am -10:30am Int/Adv Reformer Melanie	9:45am -10:30am All Levels Reformer Lawren	9:45am -10:45am All Levels Reformer Alex	9:45am -10:30am All Levels Reformer Melanie	9:45am -10:30am All Levels Reformer Alex	9:45am -10:45am All Levels Reformer Cezanne	9:45am -10:45am Int/Adv Reformer Alex
4:00pm -4:45pm All Levels Reformer Lawren		11:00am - 12:00pm Pilates Stretch Sarah	4:00pm -4:45pm All Levels Reformer Robin		11:15am -12:00pm Int/Adv Reformer Gwen	11:00am -11:45am Intro to Pilates Alex
5:00pm -5:45pm All Levels Reformer Lawren	5:00pm -5:45pm All Levels Reformer Jodi	4:00pm -4:45pm All Levels Reformer Robin	5:00pm -5:45pm All Levels Reformer Gwen			
	6:00pm - 7:00pm Int/adv. Reformer Alex	5:00pm -5:45pm All Levels Reformer Cezanne		6:00pm -8:00pm Pinot & Pilates 3/22 \$40 Allison		

All Levels Reformer -This class creates long, lean muscles and improves posture by mobilizing your spine through several ranges of motion including flexion, extension, lateral flexion, and rotation using the REFORMER, while infusing small props like weights, the Pilates ring, balls, and more. This 45 minute class will fly by with endless exercise possibilities, so be prepared to have fun while improving your flexibility, muscle tone, and core strength! This class is appropriate for people of all levels

Blood Flow Restriction Reformer - The Use of the blood flow cuffs increases the challenge of this all levels class.

Intermediate/Advanced Reformer - Intermediate/Advanced Reformer: In this advanced class, clients are challenged with both strength and endurance exercises. Movements are executed without formal breaks or rests although clients are always encouraged to listen to their bodies. Exercises in this class are selected to help improve athletic performance, balance, strength, and control. When one muscle group fatigues, a different area will be targeted, allowing clients to maintain correct form as they push beyond their limits. Ideal Pilates experience: 6-12 months

Intro to Pilates - This Class is geared to the beginning Pilates student. You learn how to breathe and engage your deep core muscles. Please wear socks that have grips on them.

Jump Board Abs Reformer- This is a high intensity session using the jump board to improve power and get your cardio vascular system fired up.

Pilates with Props - Get your Summer body sculpted in this all levels class will use balls, rings, gondola poles and boxes.

Stretch on the Reformer - Tennis players, Golfers, Swimmers, runners and cyclists and anyone else who puts their body through repetitive movements will benefit by adding this physical therapy like class into their regiment. Pilates adds core strength and stability, as well as increased mobility in the spine, hips, and shoulders.

Pinot and Pilates - This fun all levels Reformer class followed by appetizers and wine in the Clubhouse. This is a perfect class to take with your friends or spouses. The cost is \$40 per person, \$25 for unlimited Pilates Reformer members.

Single Session: \$25

Packages: 4 pack - \$88 (\$22/session) 8 pack \$160 (\$20/session); 10 pack - \$180 (\$18/session); 20 pack - \$300 (\$15/session)