



**THE PASEO CLUB**  
VALENCIA

# PILATES SCHEDULE OCTOBER



**Single Session: \$30**  
**5 pack - \$110 (\$22/session)**  
**10 pack - \$210 (\$21/session)**  
**20 pack - \$360 (\$18/session)**

| MON                                                     | TUES                                                     | WED                                                     | THURS                                                 | FRI                                                   | SAT                                                      | SUN                                                          |
|---------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------|
|                                                         | 5:30 - 6:30 am<br><b>All Levels Reformer</b><br>Ashely   | 6 - 7 am<br><b>Reformer Sculpt</b><br>Nicole            |                                                       |                                                       |                                                          |                                                              |
|                                                         | 7- 7:45am<br><b>All Levels Reformer</b><br>Gwen          |                                                         | 7 -7:45 am<br><b>All Levels Reformer</b><br>Trish     |                                                       |                                                          |                                                              |
| 8:30 - 9:15 am<br><b>All Levels Reformer</b><br>Allison | 8:30 - 9:15 am<br><b>All Levels Reformer</b><br>Alex     |                                                         | 8:30 - 9:30am<br><b>Int/Adv Reformer</b><br>Gwen      | 8:30 - 9:30 am<br><b>Int/Adv Reformer</b><br>Alex     | 8:15 - 9:15 am<br><b>All Levels Reformer</b><br>Allison  | 8:45 - 9:30 am<br><b>All Levels Reformer Stretch</b><br>Alex |
| 9:45 - 10:30 am<br><b>Int/Adv Reformer</b><br>Lexie     | 9:30 - 10:15 am<br><b>All Levels Reformer</b><br>Allison | 9:45 - 10:45 am<br><b>All Levels Reformer</b><br>Nicole | 9:45 - 10:30 am<br><b>All Levels Reformer</b><br>Gwen | 9:45 - 10:30 am<br><b>All Levels Reformer</b><br>Alex | 9:45 - 10:4 5am<br><b>All Levels Reformer</b><br>Cezanne | 9:45 - 10:45 am<br><b>Int/Adv Reformer</b><br>Alex           |
| 12 - 12:45 am<br><b>All Levels Reformer</b><br>Gwen     | 10:30 - 11:15 am<br><b>All Levels Reformer</b><br>Nicole |                                                         | 12 - 12:45 am<br><b>All Levels Reformer</b><br>Alex   |                                                       | 11:15 am - 12 pm<br><b>Int/Adv Reformer</b><br>Gwen      | 11 - 11:45 am<br><b>All Levels Reformer</b><br>Alex          |
| 4 - 4:45 pm<br><b>All Levels Reformer</b><br>Lexie      |                                                          | 4 - 4:45 pm<br><b>All Levels Reformer</b><br>Lexie      |                                                       | 4 - 4:45 pm<br><b>All Levels Reformer</b><br>Nicole   |                                                          | 12:15- 1 pm<br><b>Pilates Intro</b><br>Alex                  |
| 5 - 5:45 pm<br><b>All Levels Reformer</b><br>Lexie      | 5 - 5:45 pm<br><b>All Levels Reformer</b><br>Jodi        | 5 - 5:45 pm<br><b>All Levels Reformer</b><br>Cezanne    | 5 - 5:45 pm<br><b>All Levels Reformer</b><br>Gwen     | 5 - 5:45 pm<br><b>All Levels Reformer</b><br>Nicole   |                                                          |                                                              |
| 6 - 7 pm<br><b>Pilates Intro</b><br>Ashley              | 6 - 7 pm<br><b>Int/adv. Reformer</b><br>Jodi             | 6 - 7 pm<br><b>Int/adv. Reformer</b><br>Rita            |                                                       |                                                       |                                                          |                                                              |

**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

**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.

**Reformer Sculpt (NEW)**– Tone, tighten, and transform with this dynamic Reformer-based class! Using controlled movements and resistance, you'll engage your core, improve posture, and sculpt long, lean muscles. Perfect for building strength, stability, and mind-body connection in a low-impact, high-intensity workout.

Suitable for all levels—challenge yourself at your own pace.

**Pilates Reformer Stretch and Core**– A dynamic class combining targeted stretching and core strengthening on the reformer. Enhance flexibility, posture, and stability while lengthening muscles and fostering a mind-body connection. Perfect for all levels!

**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.