

Reformer Pilates

Winter Session I: January 9—February 2, 2012

Time	Monday	Wednesday	Thursday
10:00a—10:55a	Athletic Conditioning Essential, Level 2 Lynn	Athletic Conditioning Essential, Level 2 Lynn	Athletic Conditioning Essential, Level 2 Kate
11:00a—11:55a	Beginner, Level 1 Lynn	Beginner, Level 1 Lynn	Sports Conditioning Intermediate, Level 2 Kate
12:00p—12:55p			Beginner, Level 1 Kate
1:30p—2:25p			Sports Conditioning Intermediate, Level 2 Kate
6:00p—6:55p	Beginner, Level 1 Lynn	Beginner, Level 1 Lynn	
7:00p—7:55p	Intermediate, Level 2 Lynn	Intermediate, Level 2 Lynn	

Reformer Pilates

- ✦ Creates longer and leaner muscles
- ✦ Improves posture
- ✦ Increases core strength and stability
- ✦ Is easy on the joints
- ✦ Improves sports performance in golf, tennis, etc.
- ✦ Improves balance, coordination and circulation

Class Descriptions

It is necessary to complete a Beginner/Level 1 course before joining the Level 2, Essential or Intermediate level classes.

Beginner Pilates, Level 1

Learn the principles of pilates using the fundamental movements originating from the 'powerhouse'. Class focuses on mind, body and breath awareness, helping to improve spine and posture. Recommended for those returning to exercise.

Intermediate Pilates, Level 2

For the student who knows Pilates principles, how to engage the powerhouse, and can execute the movements with flow, control and awareness. This class focuses on technique, tempo and core stability, resulting in healthier spines and minds.

Athletic Conditioning, Level 2/Essential

Learn exercises that sharpen agility, boost strength and endurance, and prevent injury. Class props add challenge.

Sports Conditioning, Level 2/Intermediate

Improve strength, power and agility. Exercises challenge unilateral movement and core stability. Special focus on the balance, rotator cuff and sports injury prevention. Perfect for sports enthusiasts & athletes of all levels.

Private and Duet sessions available



Class Fees *Classes meet once a week for four weeks*

Member: \$120

Non-Member: \$180

Sign up for a 2nd class within the same session and save \$20!

Single class drop-in: \$35

Drop-ins are based on availability. 24-hour notice required

Winter Session Dates

Classes may change in Sessions II and III depending upon demand. Let us know what class you would like to see on our next schedule.

Session I January 9—February 2

Session II February 6—March 1

**Register at the Welcome Desk
or by calling 281-348-2205**

