



Class Schedule ~ Winter 2011/2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am			CARDIO JUMBOARD (Francesca)			
9 am			MOTION 1 MAT (Francesca)		FAT BURNING CARDIO CIRCUIT (Kaylina)	MOTION 3 REFORMER (Kaylina)
10 am	MOTION 3 REFORMER (Francesca)		FORM 1 MAT (Francesca)	FORM 2 REFORMER (Francesca)	FORM 2 MAT (Kaylina)	FORM 2 REFORMER (Kaylina)
12 pm	ENDURANCE 1 REFORMER (Francesca)			ENDURANCE 1 REFORMER (Francesca)		
3 pm	CORE ALIGN (Francesca)					
5 pm	MOTION 2 REFORMER (Francesca)	MOTION 1 REFORMER (Kaylina)		FAT BURNING CARDIO CIRCUIT (Kaylina)		
6 pm	MOTION 2 MAT (Francesca)	FORM 1 REFORMER (Kaylina)		MOTION 2 REFORMER (Kaylina)	CORE ALIGN (Francesca)	
7 pm		FORM 1 MAT (Kaylina)		FORM 1 REFORMER (Kaylina)		

Class Descriptions

~ All classes are 50 minutes unless otherwise noted.

Form 1, 2 ~ Getting started and beginner classes establish a fundamental understanding of basic Pilates principles and how they apply to your body. You will learn to strengthen and stabilize from the inside out through a variety of moderately paced yet challenging exercises. The essential repertoire gives you deeper body awareness, improved form, a stronger body and infinite possibilities for advancement!

Motion 1, 2, 3 ~ Advanced beginner to intermediate classes offer new challenges to students who have experienced the fundamental exercises and have a sound understanding of the Pilates principles. The essential repertoire is enhanced with new moves and a faster pace. Flowing smoothly from one exercise to the next will challenge you both mentally and physically and continue to build your body awareness and muscular endurance.

Endurance 1 ~ A higher level class for those who know the basics and need more of a challenge. More complex choreography will improve technique and endurance while demanding better balance, coordination and core stability. You must be cleared by an instructor for these classes.

CoreAlign 1 ~ The CoreAlign equipment allows you to fully challenge your core, stretch and strengthen your hips, strengthen your mid-back and shoulders and get a great cardio burst workout like you've never done before. Easy-to-learn and fun exercises emphasize an upright posture and are designed to improve posture, balance and functional movement.

Private Session ~ The most effective way to focus on your own unique needs. Maximize your time working on strength, injuries, or chronic issues. Increase your understanding of the various Pilates principles and movements, while teaching you how to apply them to your body and your other activities. *Duet and Trio sessions also available upon request.