



# GROUP PILATES SCHEDULE

May 30 - September 3, 2023

All Reservations can be made through MindBody

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GROUP PILATES STUDIO</b>		8:15-9:05 AM Sculpt-50	8:15-9:05 AM Restore-50*		8:15-9:05 AM Reform-50*		
	9:15-10:05 AM Circuit-50	9:15-10:05 AM Sculpt-50	9:15-10:05 AM Restore-50	9:15-10:05 AM Circuit-50	9:15-10:05 AM Reform-50	9:15-10:05 AM Sculpt-50	9:15-10:05 AM Restore-50
	10:15-11:05 AM Circuit-50	10:15-11:05 AM Sculpt-50	10:15-11:05 AM Restore-50	10:15-11:05 AM Circuit-50	10:15-11:05 AM Reform-50	10:15-11:05 AM Sculpt-50	10:15-11:05 AM Restore-50
			11:15 AM-12:05 PM Pila-TRX-50		11:15 AM-12:05 PM Reform-50*	11:15 AM-12:05 PM Sculpt-50	11:15 AM-12:05 PM Restore-50
	1:15-2:05 PM Circuit-50	12:30-1:20 PM Sculpt-50		12:15-1:05 PM Circuit-50			
		4:15-5:05 PM Sculpt-50	4-4:50 PM Restore-50	4:15-5:05 PM Circuit-50			
		5:15-6:05 PM Jumpboard-50		5:15-6:05 PM Circuit-50			
	6:15-7:05 PM Circuit-50						
<b>STRETCH STUDIO</b>	2:15-3:05 PM Feldenkrais			1:15-2:05 PM Feldenkrais			

\*Begins after June 23, 2023



BOOK NOW



### GROUP PILATES STUDIO

**Circuit-50** Focus from the inside out in this progressive class format. Each session has a unique goal which is defined and enhanced through props, tempo variations, proprioceptive settings, and breath attention. Commit to weekly progressions across each month for noticeable gains. Open to all levels.

**Pila-TRX-50** This session fuses the reformer-tower and Pilates props with the benefits of TRX for lean-muscle. The class optimizes length, strength, balance, and stability.

**Jumpboard-50** This is an athletic class designed to build muscle endurance in the lower body and strengthen the connection of our oblique sling systems. It includes sport-specific injury prevention stretching and myofascial release techniques to compliment your favorite sport.

**Restore-50** Focus on somatics and body awareness through a continuous, mindful-flow sequence in this slower paced setting for postural alignment, breath sequencing, and active lengthening. All levels are welcome.

**Reform-50** Something for everyone! Variations and modifications will be offered so you can thrive while refining your Pilates practice. Enjoy props integration ranging from tower springs to mat work, jump board to arc, magic circle, and more. Move your body and mind through coordination in a range of settings. All levels welcome.

**Sculpt-50** This is an intermediate-level class with athletic exercises that will help take your Reformer repertoire to the next level. Keep things fresh with fun variations and props that will help lengthen and tone muscles, build stamina, and coordination.

### STRETCH STUDIO

**Feldenkrais (Awareness Through Movement ATM)** Feldenkrais is an exploratory practice that stems from the belief that movement is fundamental to how we live our lives. ATM students improve how to organize themselves to do the basic movements that underlie all the activities that are important to whatever they want to do better like walking, playing a musical instrument, sitting comfortably at work, etc... By experiencing the details of how to perform a movement, the student has the opportunity to learn how to attend to their whole self, eliminate unnecessary effort, and mobilize their intentions into clear, potent actions.

## PILATES PRICING

Drop-In	5-Punch
Member - \$25	Member - \$105
General - \$40	General - \$160

10-Punch	Unlimited Monthly
Member - \$200	Member - \$145
General - \$300	General - \$200

New to Pilates?  
Your first class is on us!