

CENTRAL May 2011 Pilates Schedule - Effective May 1, 2011

(970) 225-2233 ~ 2211 S. College Ave. ~ Fort Collins, CO 80525

MONDAY			
CLASS		TIME	INSTRUCTOR
Mat with Props	1	12:00-1:00pm	Karyn
Group Equipment \$	MB	12:00-1:00pm	Mariah
Pilates Primer \$	MB	5:30-6:30pm	Mariah
TUESDAY			
CLASS		TIME	INSTRUCTOR
Mat with Props	1	9:15-10:15am	Karyn
Basic Group Reformer \$	MB	10:30-11:30am	Karyn
Intermediate Reformer \$	MB	12:00-1:00pm	Karyn
WEDNESDAY			
CLASS		TIME	INSTRUCTOR
Pilates Mat	1	9:00-10:00am	Mariah
Tower / Mat Progressions \$	MB	12:30-1:30pm	Mariah
Basic-Intermediate Mat	1	6:30-7:30pm	Kadie
THURSDAY			
CLASS		TIME	INSTRUCTOR
Intermediate Reformer \$	MB	12:00-1:00pm	Karyn
FRIDAY			
CLASS		TIME	INSTRUCTOR
Advanced Reformer \$	MB	9:15-10:15am	Karyn
Pilates Low Chair \$	1	12:00-1:00pm	Mariah
SATURDAY			
CLASS		TIME	INSTRUCTOR
Intermediate Mat	1	9:00-10:00am	Mariah
Basic Group Reformer \$	MB	10:15-11:15am	Mariah

Pilates Primer

Designed for beginners, this small group class focuses on setting the foundation for equipment classes. Sessions will cover basic exercises and focus on proper coordination, breathing, and use of the equipment. Pilates Primer will progress clients through mat, reformer, and tower exercises. Gain a new understanding of correct movement - with particular emphasis on breath control, abdominal support, and pelvic/spinal alignment. Limit 4, please sign up at the front desk.

Pilates Chair

The Pilates Chair is an extremely demanding piece of apparatus. Chair work stresses all of the Pilates essentials - core strength, breath, flowing movement, balance and coordination. You will be guided through a dynamic series of exercises; this full body workout will leave you feeling energized. For your safety, as well as enhancing your experience and for the consideration of other students, all new clients must complete 5 private sessions, Pilates Primer classes and/or have instructor approval. Limit 6 students, please sign up at the front desk.

Tower / Mat Progressions

Combine the mat work with Cadillac exercises on the Tower unit. This class is a great way to get a continuous moving workout and gain a wonderful balance of stretch and strength, with control. A fun and challenging workout for beginner/intermediate levels. Limit 5, please sign up at the front desk.

Group Equipment

Here is a chance to use a variety of equipment in the studio. Exercises vary each week and include a combination of or all of the equipment. Achieve a full body workout on these marvelous and ingenious machines, as they quickly train the body, align the back and neck, and challenge the deep core muscles to develop flexibility and strength. Limit 4 students, please sign-up at front desk; experience required.

Group Reformer

Set in a small group format this class will teach the classical beginner Reformer workout. Learn the Pilates movement system; gain flexibility and control and strengthen your core. Sign up required; limited to 4 students.

Basic Reformer

Designed for those new to the Pilates reformer. This small group format class will teach the classical introductory Reformer workout. Learn the Pilates movement system; gain flexibility and control and strengthen your core. Sign up required; limited to 4 students.

Intermediate Reformer

In this small group class the classical intermediate Reformer work will expand on the beginning repertoire; adding more exercises and requiring more focus, stamina and coordination. Previous knowledge of the beginner workout is suggested. Sign up required; limited to 4 students.

Chair / Mat Progressions

Combine the mat work with challenging Chair exercises. This class is a great way to get a continuous moving workout and gain a wonderful balance of stretch and strength, with control. A fun and engaging workout for beginner/intermediate levels. Limit 5, please sign up at the front desk.

MVe® Chair Perfect 10 & EveryBody

Get the most from your Pilates practice. This initiation to the MVe and Perfect 10 exercises lays the foundation for advanced MVe workouts, challenging you in a way no other Pilates workout can. Designed to stretch and strengthen muscle groups traditional techniques and equipment can't reach, MVe offers customized resistance for every user at every level. Classes limited to 6 students. Sign-up at the front desk.

Mat Classes

Mat classes are included on the Group Exercise schedule and are for beginner through intermediate clients—mat classes include: Mat with Props, Basic-Intermediate Mat and Intermediate Mat.

Key:
 1 - Group Studio 1
 MB - Mind Body Studio
 \$ - Fee-based class

PLEASE NOTE:

In order to make the most efficient use of our space, we may discontinue large group classes if there are under ten participants for four consecutive weeks. Small group classes may be discontinued if there are less than three participants. This policy may be excluded during holidays and special occasions. Thank you for your understanding!



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