

GROUP CLASS SCHEDULE

June 23rd, 2008-September 14th, 2008

MONDAY

NEW! 8:30 Foundations*
6:30 pm Pilates Mat with Big Ball

TUESDAY

NEW! 11:00 Inspired Kids (6 Weeks)
NEW! 7:00 pm Combo Apparatus

WEDNESDAY

10:30 am Foundations*
5:30 pm Foundations II*

THURSDAY

NEW! 8:00 am Foundations for Golf*

Note: Foundations for GOLF is open to non-golfers; class focus is safe spinal rotation
12:00 pm Stable and Able Spine
7:00 pm Nia (6 Weeks)

FRIDAY

11:30 am GOLF Combo Apparatus

Note: GOLF Combo is open to non-golfers; class focus is safe spinal rotation!

SATURDAY

7:45 am Nia (6 Weeks)
11:00 am Foundations II with Big Ball*

SUNDAY

10:30 am Pilates Mat with Small Apparatus

* **QUAD (4 person) Class**

Registration is on a first come, first serve basis. Reservation is confirmed when payment is received.

All classes are subject to cancellation due to low enrollment. Minimum of four (4)/maximum ten (10) participants per group class. Minimum of three (3)/maximum four (4) participants per QUAD class.

Classes are non-transferable. **Five (5) Make-up classes** are permitted; these must be completed in the same session. Attending make-up classes is the responsibility of the student and is based on availability in other classes. Please call ahead to reserve your make-up classes.

Pricing on back. **Classes Subject to Change.**

PRICING

- Group classes are \$240 for the 12-week session.
- QUAD classes are \$300 for the 12-week session.
- **Nia** classes are \$192 for the 12-week session.
- **Brain Gym** class is \$100 for four classes or \$35 per class.
- For \$168 you may purchase 6 drop in classes. These classes may be used for any classes that you have clearance to attend.

GROUP CLASS DESCRIPTIONS

Pilates Mat with Big Ball: Lengthen and tone your body from head to toe while infusing your experience w/ the joy and fun of the Big Ball.

Pilates Mat with Small Apparatus: Highly specific Pilates work assisted and challenged by Weights, Foam Roller, Big and Small Ball, Ring and Band. If you like toys, this is the class for you!

Combo Apparatus: Time flies when you combine cardio and the amazing Pilates apparatus! Get challenged as never before as you experience the Reformer, Cadillac, Chair, Barrel and Bosu.

Foundations: Just as important as laying the foundation of your house, you must properly lay the support structure of your body. Gentle introductory exercises to help you recruit your greatest internal stabilizers.

Stable Able Spine: Start laying the bricks on that foundation! This empowering class will show you that you *can* exercise with mindfulness and safety to your spine.

Nia: Movement based in dance and the martial arts. Nia will warm you up, stretch and tone your muscles, and cool you down without feeling like you “just worked out.” It’s like chocolate, you have to try it!

Foundations II: Building upon the support structure developed in Foundations, Foundations II works more deeply to increase stamina and endurance.

Pilates/Yoga Fusion: Dynamic mixture of mat Pilates and Vinyasa yoga postures that will strengthen your core and lengthen your spine and limbs. Taught by our physical therapist who will tailor the postures to your individual needs.