



PILATES REFORMER STUDIO SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|---|--|---|---|--|--|
| 6 AM | Total Body (+) 6 am - 7 am Lisa Colvard | | Total Body (+) 6:30 am - 7:30 am Lisa Colvard | | | |
| 8 AM | Precision Pilates 8:30am - 9:30am Colette Crimi | | | | | |
| 9 AM | | Precision Pilates 9 am - 10 am Colette Crimi | | Reform Your Body 9 am - 10 am Luciana Davis | | |
| 10 AM | | | | Precision Pilates 10:30 am - 11:30 am Colette Crimi | | Reformer Mixed Level 10 am - 11 am Luciana Davis |
| 12 PM | | Lunch Hour Reformer 12:00 pm - 1:00 pm Robin Padelford | | | Lunch Hour Reformer 12:00 pm - 1:00 pm Robin Padelford | |
| 4 PM | | Reform Your Body 4:30 pm - 5:30 pm Luciana Davis | | | | |
| 5 PM | Total Body (+) 5 pm - 6 pm Lisa Colvard | | | Total Body (+) 5 pm - 6 pm Lisa Colvard | | |

Legend

Beginner/Intermediate
Intermediate/Adv.
All levels

New to Pilates?* Join us for a free Demo/Intro Class!

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|---|--------------------|
| <i>Upcoming Demo/Intro Class Times</i> | |
| <i>Saturdays from 9:00am - 9:50am</i> | |
| | 3/14/2020 - 9:00am |
| | 3/28/2020 - 9:00am |
| | 4/4/2020 - 9:00am |



PILATES REFORMER CLASS DESCRIPTIONS

Lunch Hour Reformer Make the most of your day with this head-to-toe workout that will leave you feeling Recharged and Refocused. No muscle will be neglected in this full body, total toning workout!!

Precision Pilates Our Precision Pilates class focuses on creating a safe and challenging full body workout that will improve key areas such as posture, balance, strength and stamina to help create healthier movement patterns.

Reform Your Body This stamina building class for men AND women incorporates Reformer, Jump board, props and MORE.. all bundled into a dynamic core and full-body strength workout that will make you sweat and feel stronger after each class!

Reformer Mixed Level In this mixed-level class you will challenge yourself with exercises that require balance and coordination. You will learn to be aware of your body's strengths, weaknesses and become familiar with making the proper modifications and adjustments to suit your needs. Our instructors will always be there to help modify and adjust you if needed. This class will help increase strength, flexibility and emphasize how to focus and engage specific muscles.

Total Body (+) This moderate tempo class focuses on a balanced development of the body- emphasizing core strength, flexibility, balance, awareness and alignment. The (+) is when we add an element of cardio as a bonus!

***Members must register for classes in advance by contacting our front desk. Schedule Subject to Change. Some restrictions may apply. Additional classes may be added based on demand. Please contact our Fitness Director, Cathy Francisco, for more information.**

****Cancellation policy: Member must cancel a minimum of 24 hours before the scheduled session or be subject to a cancellation fee equal in value to one training session/class.**