

STUDIO B SCHEDULE for Winter

Studio B is on 2nd Floor above the Kidz Klub

* ALL CLASSES ARE 1 HOUR UNLESS OTHERWISE NOTED

2/20/2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM			BODYFLOW Cindy			
8:00 AM						BODYFLOW
8:45 AM		GRAND BARRE** Ginger		GRAND BARRE** Ginger		
9:00 AM	PILATES FUSION Karen				MAT PILATES Lauren	BODYFLOW
9:15 AM			MAT PILATES Ginger			
10:00 AM		BODYFLOW THERESA		BODYFLOW THERESA		
10:15 AM			REFORMER*** PILATES Ginger		REFORMER*** PILATES Ginger	
5:30 PM	GRAND BARRE** Ginger					
6:00 PM		POWER YOGA Lauren	PIYO Debbie	BODYFLOW Sara		
6:30 PM	REFORMER*** PILATES Ginger					

** BARRE CLASS is a fee class with a 2 person minimum. Members \$10 or 10 for \$75. Non-Members 10 for \$85.

*** REFORMER PILATES is a fee class with a 2 person minimum. Members \$22, 5 for \$99 or 10 for \$180.

Please call to schedule a free introductory demonstration class.

Private Sessions: Cadillac, Ladder, Barrell & Chair sessions available for \$55/hour.

Group Fitness Class Descriptions

BODYFLOW TM is the combo Yoga, Tai Chi, and Pilates workout that builds flexibility and strength yet leaves you feeling centered and calm. Controlled breathing, concentration and a carefully brings the body into a state of harmony structured series of stretches, moves and strength poses to music create a holistic workout that and balance.

MAT & REFORMER PILATES is beneficial to all. Whether you are a senior adult, and elite athlete, or someone in between - the foundation of Mat and Reformer Pilates movements applies to you. Pilates training focuses on the improvement of "core" strength, it trains the body as an integrated whole. Pilates promotes strength and balanced muscle development as well as flexibility, good posture, and increased range of motion for your joints. Pilates focuses on full-body fitness - including proper breathing and clarity of mind. Pilates focuses on full-body fitness - including proper breathing and clarity of mind. It provides a level of integrative fitness that is challenging to find in other methods of discipline. This is also the reason that Pilates is so popular in rehabilitative scenarios, as well as athletes who find that it is a great foundation for any other type of movement practice they perform. Reformer Pilates has a 2 person minimum.

POWER YOGA offers a challenging workout for building strength, flexibility, muscular endurance and body awareness. This vigorous, multi-level, flowing class connects breath and movement to maximize your physical, and mental edge. There is no spiritualism or meditation instructed in this class.

PIYO is the perfect fusion of strength building, rhythmic movement, and power with a foundation in Pilates and yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced, either way, you'll get results.

BARRE CLASS is a high intensity, low impact workout that incorporates ballet, pilates and strength training.

Fun, upbeat music keeps the class moving. ☺

GINGER MITCHELL, PILATES & YOGA DIRECTOR, 918-855-1884