

Group Pilates Schedule

(January 2012)

MON	TUE	WED	THU	FRI	SAT
MORNING CLASSES					
	6:45 AM Int I/II				
				8:15 AM Jump	9:00 AM Int I/I
9:00 AM Int I/II		10:00 AM Yoga @ Arrowhead CC	9:00 AM Mat Class		9:00 AM Mat Class
				11:15 AM Int Combo	
AFTERNOON CLASSES					
	12:15 PM Int Combo		12:15 PM Int I/II		
4:15 PM Int I/I	3:30 PM Int I/I				
	5:45 PM Jump	6:15 PM Essential	5:45 PM Int I/II		
7:00 PM Yoga	6:30 PM Men's Cond	7:00 PM Yoga			

	Group Reformer		Men's Conditioning
	Yoga Class		Mat Class

Indoor Cycling Schedule

(January 2012)

MON	TUE	WED	THU	FRI	SAT
		6:00 AM Endurance Brandon		6:00 AM Interval Jill	
8:15 AM Interval Melanie		8:15 AM Endurance Sue		8:15 AM Strength Sue	8:00 AM ATATT Rotation
	11:30 AM ATATT Bre		11:30 AM Strength Tammy		
6:00 PM ATATT Brandon	5:30 PM Interval Sue	5:30 PM Endurance Brandon	5:30 PM Strength Jill		

Group Reformer Session Descriptions

Essential

Participants will continue mastering the basic principles as well as the beginning sequences of the essential program. This group class is the next step after your first 5 sessions or an additional training to compliment your training program. Participants can stay in this group class for as long as they want and will learn all the exercises to progress to the Intermediate Level.

Jump Board – (Jump)

In this group class, participants will be energized with a cutting-edge reformer workout packed with heart-pumping moves that build strength and burn calories. This group class is a total-body cardio and core program featuring innovative, yet simple jump board combinations that add variety and intensity to anyone's workout. This will boost participant's metabolism and increase their strength and flexibility.

Men's Conditioning – (Men's Cond)

Participants will gain improved fitness and flexibility incorporating Reformer Pilates, Mat Pilates, and Indoor Cycling exercises. Exercises are designed to enhance everyday activities and enhance sport-specific activities such as golf, skiing, biking, hiking, and running. Participants of all fitness levels are welcome and brief orientation required before starting.

Barefoot Bootcamp

Barefoot Bootcamp – (Bareft Boot)

This Pilates based interval class helps develop functional strength, endurance, flexibility and neuromuscular coordination. The 45 minute class is performed in bare feet to emphasize foot, ankle and lower-leg muscles. A variety of small equipment such as the Bosu Balance Trainer, Pilates Edge, Balance Cushions, Toning balls, Fitness Ring, Rotational Discs, and Stability Balls will be used. This is a moderate, to high intensity class.

Yoga Class

All Levels Yoga (Yoga Class)

This is a Vinyasa (flow) yoga class designed to stretch, tone & relax. Vinyasa yoga is an athletic & physically challenging type of yoga in which the poses flow one after another to help you increase your heart rate, raise your metabolism, and utilize that new heat to stretch even deeper. If you are curious or are a yogi expert, all levels are welcome to class.

Mat Class Descriptions

Ball Mania

This mat class will incorporate strength and balance with the use of Stability Balls and Toning Balls. Ball Mania is great for all clients who are wanting a unique class with a variety of Pilates exercises. Class capacity is 6 participants.

Mat Plus

Mat Plus teaches the Five Basic Principles of the STOTT Pilates method and builds a foundation of exercises with the use of props. The props include: Stability Balls, Flex-Bands, Toning Balls, and/or Fitness Circles. Mat Plus classes will improve flexibility and core stretch, with exercises that stretch and tone all muscle groups.

Indoor Cycling Session Descriptions

Endurance

An endurance training session trains the body to be more efficient at metabolizing fat and resisting fatigue, while improving cardio conditioning and mental discipline. Endurance classes are designed to keep your heart rate in an aerobic zone between 65%-75% of your MHR (maximum heart rate).

ATATT

All Terrain All the Time. A training session that incorporates variable cycling techniques. ATATT classes are designed to keep your heart rate between 65%-92% of your MHR (maximum heart rate).

Race Day

A race day training session is an occasional training providing participants an opportunity to measure progress of their fitness program. Race Day classes are designed to keep your heart rate between 80%-92% of your MHR (maximum heart rate).

Intermediate I/I – (Int I/I)

This level of group class is a continuation of the essential level. The intermediate exercises will be taught and integrated into the essential programming. Participants should have mastered the basic principles and all of the essential exercises.

Intermediate I/II – (Int I/II)

This level of group class is a continuation of the Intermediate I/I. Participants shall have knowledge of all the intermediate exercises and have mastered the basic principles and be able to perform each exercise. This class will require more speed, agility, and strength to connect each exercise and flow from one to the next seamlessly. This is the most advanced group class and to progress from here shall only be done at private or semi-privates trainings.

Intermediate & Jump Board Combo – (Int Combo)

This group class will add intensity and variety to a participants' intermediate training program. Anyone currently at the intermediate private, semi-private or group level may participate in this class. Combining both reformer exercises and jump board will increase endurance, strength, and agility

Int/Adv Mat

Mat class for the experienced client who has been through the intermediate repertoire and mastered the basic principles of STOTT Pilates. The class will use a variety of props including: Stability Balls, Flex-Bands, Toning Balls, and/or Fitness Circles. Int/Adv classes will improve awareness, strength and flexibility to assist in performing more advanced reformer exercises with a focus on abdominal strength.

Strength

A strength training session develops mental strength while improving muscular endurance and power. Strength classes are designed to keep your heart rate in an aerobic zone between 75%-85% of your MHR (maximum heart rate).

Interval

An interval training session improves heart rate recovery by emphasizing speed, tempo, timing and rhythm while performing acceleration drills and recovery periods. Interval classes are designed to keep your heart rate between 65%-92% of your MHR (maximum heart rate).