

PILATES MAT, REFORMER & GROUP TRX® Class Schedule**

Tuesday, January 2 – Saturday, February 24, 2018

Classes at Atlantic Fitness Centre (AFC) Downtown 119 Kent Street Lower Level BDC Place (368-3622) Classes instructed by
CERTIFIED STOTT PILATES® & GROUP TRX®/Hatha Yoga Trainers: SK – Stephanie Knickle, KM – Kathleen MacPhee, SN – Stephanie Noonan, LR – Lyndsey Rashed, BW – Buffy Wallace

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Alternating Instructors)
6:15am – 7:05am		GROUP TRX® Strength & Cardio Circuit (SK)	*6:30am – 7:20am* 3/4 Intermediate Reformer (SN)	GROUP TRX® Strength & Cardio Circuit (LR)		*8:30am – 9:15am* 4/5 Intermediate/ Advanced PowerMat
9:00am – 9:50am	3+ PURE MAT (SN)	Private group training (KM)	3/4 PowerMat with props (SN)		3/4 Intermediate Reformer (KM)	*9:45am – 10:30am* 3+ PowerMat
10:00am – 10:50am	3/4 Intermediate Reformer (SN)		Pilates for Osteoporosis (SN)		3+ PowerMat (KM)	<i>Look for STRONG™ by Zumba classes coming soon!</i>
11:00am – 11:50am			*11:10am – 12:00pm* 3+ Reformer (SN)			
12:10pm – 12:55pm	LUNCHTIME YOGA (BW) (FULL)	Private group training (KM)	LUNCHTIME YOGA (BW) (FULL)		Private group training (KM)	
5:10pm – 6:00pm	3/4 PowerMat with Props (SK)	Introduction to Essential Pilates Level 1-2 (SN/SK)	*4:45pm – 5:45pm* YOGA STRETCH with Buffy	3/4 Pilates & Group TRX Combo Class! (KM) No experience needed!	<ul style="list-style-type: none"> • Registration required for Reformer classes (4 maximum) • Registration recommended for GROUP TRX® • GROUP TRX® Drop-ins: Please call the AFC at 368-3622 to reserve a strap 	
6:10pm – 7:00pm	3/4 Intermediate Reformer (SN/SK)	4/5 Pilates Intermediate/Advanced Mat progressions (SN/SK)		Introduction to Essential Pilates Level 2 - THE BASICS (KM)	*Shaded and bolded cell means class held in <i>imotion room</i>	

*Unlimited classes INCLUDE ALL GROUP TRX® and Pilates mat classes ONLY. PLEASE read the class descriptions on reverse to choose the right class level for you.

Schedule subject to change due to attendance

- Private or semi-private training also available. **MORE INFORMATION** at www.imotionfitness.ca
- STORM cancellations – ONLY pre-registered classes (Intro to Pilates Level 1-2, Pilates for Osteoporosis, Reformer) will be made-up if cancelled due to weather. Make-up week – February 26 – March 3, 2018

Class descriptions January 2 – February 24, 2018 (eight weeks) - No classes Monday, February 19)

<p>Level 3+ – 6 PowerMat Classes</p>	<p>PowerMat classes focus on reviewing, practicing and increasing the pace of the Essential Matwork (Level 3), with preparation and strengthening for the Intermediate Matwork (Level 3/4), executing the Intermediate Repertoire with modifications (Level 4+/5), and full execution of the intense Intermediate exercises (Level 5/6). PowerMat means we will be increasing the intensity and challenge of the exercises through the use of small equipment and props such as mini stability balls, flex bands, hand weights, stability balls, fitness circles, toning balls, body bars, BOSUs and foam rollers.</p>
<p>Introduction to Essential Pilates Level 1-2</p>	<p>An introductory level class that will guide participants through the five (5) STOTT principles of breathing, neutral alignment, scapular stabilization, rib cage placement and cervical placement while learning and practicing the Essential Matwork exercises (Level 1 and 2) at a lower intensity. This is also a great choice class for those would like to review the Essential exercises and all the STOTT pilates principles. It is recommended new clients attend this level twice weekly. Registration is recommended.</p>
<p>Level 3+ PURE MAT</p>	<p>Don't worry about any equipment in this class! The focus is on the second half of the Essential exercise repertoire with no extra resistance or equipment. A gentler pace with more detail on alignment and repetitions.</p>
<p>Level 4/5 Intermediate/Advanced Pilates Matwork Progressions</p>	<p>This class is for those who are proficient with the Essential Matwork and would like to practice the Intermediate exercises with fluidity and challenge their strength and endurance with the introduction and practice of the Advanced exercise repertoire.</p>
<p>Pilates for Osteoporosis and Back Care</p>	<p>Our Pilates for Osteoporosis classes are specifically designed to assist participants in performing many pilates-based exercises which target posture, core strength and mobility. Participants will also learn how to develop core strength in various movement patterns, such as standing, sitting and lying down as well as increase peripheral strength with use of equipment such as toning balls, flexbands and Fitness Circles. Registration is recommended.</p>
<p>GROUP TRX® STRENGTH & CARDIO CLASSES</p>	<p>This cardio-strength combo TRX class will challenge the fittest of clients. The TRX® is a complete training system that can positively influence all types of athletic movement. Safely perform dozens of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. It is recommended participants go through an <u>Introduction to GROUP TRX®</u> to learn the basics such as how to lengthen and shorten the strap, the names and method of the exercises and how to increase intensity of each exercise to individualize the workout. Registration is recommended</p>
<p>Reformer classes <i>Beginner (Level 1) to Advanced (Level 5)</i> • Four participants per class.</p>	<p>The reformer offers all the famous benefits of Pilates including overall strength, flexibility, coordination, and balance. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the foot bar, perched on the foot bar, perched on the shoulder blocks, with additional equipment, upside down, sideways and all kinds of variations thereof. The reformer can train many parts and dynamics of the body in so many different ways with just one relatively sleek piece of equipment. Level 3 and 3/4 Intermediate Reformer classes introduce and refine the extensive Intermediate repertoire with a focus on endurance and higher intensity intervals. Level 4+ Reformer includes practicing and perfecting the Intermediate repertoire with a focus on flow, breathing changes and increased core strengthening to prepare for the ultimate challenge in Advanced Reformer (Level 5). Registration is required.</p>
<p>YOGA STRETCH</p>	<p>Buffy will be leading a Hatha-based yoga class with some Ashtanga and Kundalini for fluidity and breath work. Each class is created for the basic student. Intermediate and Advanced students with find plenty of space to expand and intensify the postures. Buffy's intention for every class is, of course to increase flexibility and strength, but more importantly, to build a variety of sequences that will leave every student feeling lighter than when they arrived. A feeling that can carry them through the rest of the day and often into the next.</p>