

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

## Monday, April 30 - Saturday, June 23, 2018

**Eight week session – PLEASE REVIEW START DATES! (No classes May 21 – Victoria Day)**

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

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Alternating Instructors)
6:15am – 7:05am		GROUP TRX® Strength & Cardio Circuit (SK)	<b>*6:30am – 7:20am*</b> 3/4 Intermediate Reformer (SN)	GROUP TRX® Strength & Cardio Circuit (LR)		<b>*8:30am – 9:15am*</b> 4/5 Intermediate/ Advanced PowerMat
9:00am – 9:50am	3+ PURE MAT (SN)	Private group training (KM)	3/4 PowerMat with props (SN)		<b>3/4 Intermediate Reformer (KM)</b>	<b>*9:45am – 10:30am*</b> 3+ PowerMat
10:00am – 10:50am	<b>3/4 Intermediate Reformer (SN)</b>				3+ PowerMat (KM)	
11:00am – 11:50am			<b>*11:10am – 12:00pm*</b> 3+ Reformer (SN)			
12:10pm – 1:00pm	LUNCHTIME YOGA (BW) *Starts May 14*	Private group training (KM)	LUNCHTIME YOGA (BW) *Starts May 16*		<b>* NEW*</b> Reformer 1-2-3 (KM) *1 <sup>st</sup> Class May 11* Starts at 12:00pm	
5:00pm – 5:50pm	<b>*NEW*</b> INTENSIVE INTRO TO PILATES MATWORK (Mon & Wed) *4 weeks only – 1 <sup>st</sup> class May 14* (SK/SN)	3/4 PowerMat with Props (SK/SN)	<b>Watch for GROUP TRX Orientation classes coming soon!</b>	<b>*NEW*</b> INTENSIVE INTRODUCTION TO PILATES MATWORK (BW) (Mon and Wed) *4 weeks only – 1 <sup>st</sup> class May 9*	4/5 PowerMat (KM)	<ul style="list-style-type: none"> <li>• Registration <b>required</b> for Reformer classes</li> <li>• (4 maximum)</li> <li>• Registration <b>recommended</b> for GROUP TRX®</li> <li>• GROUP TRX® Drop-ins: Please call the AFC at 368-3622 to reserve a strap</li> </ul>
6:00pm – 6:50pm	<b>3/4 Intermediate Reformer (SN/SK)</b>	Level 3/4 PowerMat (SN/SK)	<b>*NEW*</b> YOGA-PILATES FUSION CLASS (BW) *1 <sup>st</sup> class May 16* <i>(This class will move to 5:00pm on June 13 once Intro to Pilates class is over)</i>	PRE-NATAL PILATES/TRX COMBO CLASS! (KM) *Starts May 10*	<b>*Shaded and bolded cell means class held in <i>imotion room</i></b>	

\*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](http://www.imotionfitness.ca)

Class descriptions April 30 – June 23, 2018 (eight weeks) – **(No classes Monday, May 21 Victoria Day)**

<p><b>Level 3+ – 6 PowerMat Classes</b></p>	<p>PowerMat classes focus on reviewing, practicing and increasing the pace of the Essential Matwork (<b>Level 3</b>), with preparation and strengthening for the Intermediate Matwork (<b>Level 3/4</b>), executing the Intermediate Repertoire with modifications (<b>Level 4+/5</b>), and full execution of the intense Intermediate/Advanced exercises (<b>Level 5/6</b>). <b>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.</b></p>
<p><b>Intensive Introduction to Pilates Matwork Mon &amp; Wed 5:00pm May 9 – June 6 (no class May 21)</b></p>	<p>This four-week eight-class <b>Introduction to Pilates Matwork</b> will focus on mastering the five STOTT Pilates Principles while applying them to the Essential Matwork repertoire in a faster-paced learning environment. Principles will be reviewed and new exercises added each class to develop flow and muscular endurance. <b>NEW CLIENTS MUST PRE-REGISTER.</b> These classes are also open to all clients and for those would like to review the Essential exercises and the STOTT Pilates principles.</p>
<p><b>Level 3+ PURE MAT</b></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><b>PILATES-YOGA FUSION Class with Buffy</b></p>	<p>The ultimate combination class for mind and body with the best of both worlds! Buffy will take you through a fluid, core-focused class which will lead to greater overall strength, endurance and muscle tone. Improve alignment, balance and reduce stress all in one class! No Yoga experience necessary but pilates experience will be beneficial.</p>
<p><b>GROUP TRX® STRENGTH &amp; CARDIO CLASSES</b></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 <b>power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.</b> 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. <b>Registration is recommended.</b></p>
<p><b>Reformer classes Beginner (Level 1) to Advanced (Level 5)</b></p> <ul style="list-style-type: none"> <li>• <b>Four participants per class.</b></li> </ul>	<p><b>The reformer offers all the famous benefits of Pilates including overall strength, flexibility, coordination, and balance.</b> 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. <b>Level 3 and 3/4 Intermediate Reformer</b> classes introduce and refine the extensive Intermediate repertoire with a focus on endurance and higher intensity intervals. <b>Level 4+ Reformer</b> 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 (<b>Level 5</b>). <b>Registration is required.</b></p>
<p><b>LUNCHTIME YOGA</b></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 will 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. <b>Registration is required.</b></p>