

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

Tuesday, September 3 – Saturday, October 26, 2019

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, KB – Karina Boswell

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Alternating Instructors)
6:15am – 7:05am			GROUP TRX® Strength & Cardio Circuit (SK) <i>*6:20am – 7:10am*</i> 3/4 Intermediate Reformer (SN)			<i>*8:30am – 9:15am*</i> 4/5 PowerMat <i>*9:30am – 10:15am*</i> 2/3 Essential Mat
9:00am – 9:50am	3/4 Mat Flow (no equipment) (SN)		3/4 PowerMat with equipment (SN)		3/4 Intermediate Reformer (KM)	<i>*9:30am – 10:20am*</i> Introduction to STOTT PILATES (KB) <i>*Begins September 14*</i>
10:00am – 10:50am	3/4 Intermediate Reformer (SN)				3/4 PowerMat (KM)	
11:10am – 12:00pm	3+ Essential/Intermed. Reformer (SN)		3+ Reformer (SN)		<i>*NEW*</i> Introduction to Reformer (KM) FOUR WEEKS ONLY! September 6, 13, 20 & 27!	
12:10pm – 1:00pm					<i>*NEW*</i> Pre-Natal Pilates & Barre for Lower Body Combo! (KM)	
5:00pm – 5:50pm	3/4 PowerMat with Props (SK/SN)	Men's Reformer (SN/SK)	<i>*NEW*</i> Tums & Buns TOTAL BARRE & Pilates (KB)		<ul style="list-style-type: none"> Registration required for Reformer classes Registration recommended for GROUP TRX® GROUP TRX® Drop-ins: Please call the AFC at 368-3622 to reserve a strap 	
6:00pm – 6:50pm	3/4 Intermediate Reformer (SN/SK)	3/4 PowerMat with Equipment (SN/SK)	Introduction to STOTT Pilates (KB) <i>*Begins September 11*</i>		<i>*Shaded and bolded cell means class held in 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

Class descriptions September 3 – October 26, 2019 (no classes Thanksgiving October 14, 2019)

<p>Level 3/4/5 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 STOTT Pilates (Six weeks = 12 classes)</p>	<p>A faster-pace 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. Registration is recommended.</p>
<p>Tums & Buns TOTAL BARRE</p>	<p>This class is a high-energy program focusing on strength, flexibility, stamina and dynamic stability. The predominantly standing workouts are driven by music which has been proven to increase coordination, motivation and improve movement quality. Focusing on the lower body toning and strength, Karina will incorporate all the pilates principles to also work the core muscles for a complete, total-body challenging workout!</p>
<p>Pre-Natal Pilates & Barre Combo</p>	<p>Join Kathleen (who's pregnant with her fourth baby!) for a great low-impact combo workout combining lower body strength exercises at the Barre with the postural and core-strengthening benefits of pre-natal matwork! Keep those aches and pains at bay while strengthening the pelvic floor, spinal and back/core muscles that often need extra attention during pregnancy. 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 Beginner (Level 1) to Advanced (Level 5)</p> <ul style="list-style-type: none"> • Four participants per class. 	<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. Introduction to Reformer will introduce the majority of Essential Level exercises. 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>