



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

## Monday, May 1 - Saturday, June 24, 2017 (8 weeks)

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, TGB – Tracey Gairns-Brioux, KM – Kathleen MacPhee, SN - Stephanie Noonan

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> Level 3/4 Intermediate Reformer (SN)	GROUP TRX® Strength & Cardio Circuit (SK)		<b>*8:30am – 9:15am*</b> Level 4/5 Intermediate/Advanced Pilates Mat
9:00am – 9:50am	Level 3+ Pure Mat (SN)		Level 3/4 PowerMat With Toning Balls (SN)		<b>Level 3/4 Intermediate Reformer (SN/KM)</b>	<b>*9:30am – 10:30am*</b> <b>GROUP TRX® BOOT CAMP COMBO CLASS!</b> Weights, TRX, Cardio and MORE for a total body workout! *Please call to reserve your strap 902-368-3622* (alternating instructors) <b>\$5 drop-in for AFC Members!</b>
10:00am – 10:50am	<b>Level 3/4 Intermediate Reformer (SN)</b>				Level 3/4 PowerMat with Props (SN/KM)	<b>*10:45am – 11:30am*</b> Level 3+ Powermat
11:00am – 11:45am			<b>*NEW*</b> GENTLE REFORMER for Osteoporosis! (SN) <b>*Registration Required*</b>			
12:10pm – 1:00pm			Level 3/4 Intermediate Reformer (SN)			
5:10pm – 6:00pm	Level 3/4 Pilates Matwork with Props (SN/SK)	<b>GROUP TRX® BOOT CAMP COMBO CLASS!</b> Weights, TRX, Cardio and MORE for a total body workout! *Please call to reserve your strap 902-368-3622* (alternating instructors) <b>\$5 drop-in for AFC Members!</b>		Pre-Natal Group TRX® and Pilates (KM) <b>*Registration Recommended*</b>	<ul style="list-style-type: none"> <li>• Registration <b>required</b> for Reformer classes (4 maximum)</li> <li>• Registration <b>recommended</b> for Pre-Natal Pilates and GROUP TRX®</li> <li>• GROUP TRX® Drop-ins: Please call the AFC at 368-3622 to reserve a strap</li> </ul>	
6:10pm – 7:00pm	<b>Level 3/4 Intermed. Reformer (SN/SK)</b>	Level 3/4 Pilates Mat with Props (SK/SN/KM)		Level 4/5 Intermed/Advanced Pilates Mat The Ultimate Core Challenge (KM)	<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\*\*

MORE INFORMATION at [www.imotionfitness.ca](http://www.imotionfitness.ca)

Class descriptions May 1 – June 24, 2017 (eight weeks of classes)  
**(No classes Monday, May 22 – Victoria Day)**

<p><b>Fast-Track Level 1-2-3 Introduction to Pilates Matwork</b></p>	<p><b>Fast-Track Level 1-2-3 Intro to Pilates</b> is a <u>faster-paced introductory level</u> class for those new to STOTT PILATES®. Classes focus on establishing the five (5) STOTT principles while learning ALL of the Essential Matwork exercises (Level 1 and 2) at an increased intensity. Attending class twice per week at this level is recommended. This is also a great class to review essential exercises and all the STOTT pilates principles!  <b>Registration Required. (minimum six participants)</b></p>
<p><b>Level 4/5 Intermediate STOTT PILATES Matwork</b></p>	<p>This class is for those that would like to increase their pilates matwork repertoire and would like to challenge core strength, flexibility, endurance and complete body strength at an even greater level!</p>
<p><b>Level 3+ – 6 PowerMat Classes</b></p>	<p><b>PowerMat Classes:</b> Level 3+ Pure Mat is an excellent choice for people wanting a slower pace and more detail to the second half of the Essential exercises. After learning the Essential exercises, the PowerMat classes focus 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>), full execution of the intense Intermediate exercises (<b>Level 5/6</b>). <b>Challenge and intensity is added 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>GENTLE REFORMER for Clients with Osteoporosis</b></p>	<p>An introductory class using the alignment principles of proper posture, core strength and balance from the matwork repertoire and incorporating muscular endurance work into the arms and legs. All key to keeping the spine, joints and bones healthy for participants who have been diagnosed with Osteoporosis and/or Osteopenia. The reformer will help participants gain strength and increase their mobility using spring-tension and resistance. <b>Registration Required. (minimum three participants)</b></p>
<p><b>Pre-Natal Pilates &amp; GROUP TRX® Combo Class</b></p>	<p><b>Pilates is the best exercise choice</b> during pregnancy because it strengthens the most important muscles women will use during pregnancy and labour. Pilates exercises build <b>abdominal, back and pelvic muscles</b> that support more comfortable pregnancies and deliveries. Pilates is also famous for helping new moms get their figures back! Stephanie KC and Kathleen will take participants safely through total-body exercises using the TRX Strap, weights, flexbands and toning balls and then finish off the workout with a core stretch and relaxation component. <b>Registration is recommended.</b></p>
<p><b>GROUP TRX® CLASSES (Class limited to 16 participants) Registration is recommended</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. Bring baby along with you for Mom and Baby TRX fitness as well! Babies of all stages are welcome - from newborn to crawling we welcome moms for some movement, music, and fun with other moms and babies!</p>
<p><b>GROUP TRX® BOOT CAMP COMBO CLASS!</b></p>	<p>We'll be kicking up the intensity a bit in these TRX-based classes and intersperse more cardio-based drills with exercises that use various pieces of equipment such as weights, BOSUS and medicine balls. A complete workout which will leave no area untouched! Get ready for summer!</p>
<p><b>Reformer classes Beginner (Level 1) to Advanced (Level 5)</b></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 footbar, perched on the footbar, perched on the shoulder blocks, with additional equipment, upside down, sideways and all kinds of variations thereof. In other words, the reformer can train many parts and dynamics of the body in so many different ways with just one relatively sleek piece of equipment. The <b>Level 2/3 Essential Reformer</b> and <b>Level 123 Reformer Review</b> focuses on completing and increasing the intensity of the essential level exercises and <b>Level 3 and 3/4 Intermediate Reformer</b> classes introduce and refine the extensive Intermediate repertoire. The <b>Level 3/4 POWER REFORMER</b> class is an intermediate level, faster-paced class using tempo variations and increased repetitions with familiar exercises. The focus is 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. Only four participants per class.</b></p>