



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

Tuesday, September 5 – Saturday, October 28, 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, KM – Kathleen MacPhee, SN - Stephanie Noonan, LR – Lyndsey Rashad

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Alternating Instructors)
6:15am – 7:05am		GROUP TRX® Strength & Cardio Circuit (KM/SK)	*6:30am – 7:20am* Level 3/4 Intermediate Reformer (SN)	GROUP TRX® Strength & Cardio Circuit (SK/LR)		*8:30am – 9:15am* Level 4/5 Intermediate/Advanced Pilates Mat
9:00am – 9:50am	Level 3/4 PowerMat with Props (SN)		Level 3/4 PowerMat With Toning Balls (SN)		Level 3/4 Intermediate Reformer (KM)	*9:45am – 10:30am* Level 3+ Powermat
10:00am – 10:50am	Level 3/4 Intermediate Reformer (SN)		Reformer Basics ESSENTIAL LEVEL (SN)		Level 3+ PURE MAT (KM)	
11:00am – 11:45am						
12:10pm – 1:00pm			Level 3/4 Intermediate Reformer (SN)			
5:10pm – 6:00pm	Level 3/4 Pilates Matwork with Props (SN/SK)	TRX BOOT CAMP \$5 for AFC members! STARTS September 12!! Open to all including unlimited imotion clients! *Please call to reserve your strap 902-368-3622* (alternating instructors)		INTRODUCTION TO PILATES COREWORK – Essential Basics (KM)	<ul style="list-style-type: none"> • Registration required for Reformer classes (4 maximum) • Registration recommended for Pre-Natal Pilates and GROUP TRX® • GROUP TRX® Drop-ins: Please call the AFC at 368-3622 to reserve a strap 	
6:10pm – 7:00pm	Level 3/4 Intermed. Reformer (SN/SK)	Level 3/4 Pilates Mat with Props (SK/SN)		Level 4/5 Intermed/Advanced Pilates Mat The Ultimate Core Challenge (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

MORE INFORMATION at www.imotionfitness.ca

Class descriptions September 5 – October 28, 2017 (8 weeks of classes) **(No classes Monday, October 9 – Thanksgiving Day)**

<p>Introduction to Pilates COREWORK</p>	<p>This INTRODUCTORY CLASS is a <u>faster-paced beginner 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. This is also a great class to review essential exercises and all the STOTT pilates principles! Registration Required. (minimum six participants)</p>
<p>Level 4/5 Intermediate STOTT PILATES Matwork</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>Level 3+ – 6 PowerMat Classes</p>	<p>PowerMat Classes: 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 (Level 3), with preparation and strengthening for the Intermediate Matwork (Level 3/4), executing the Intermediate Repertoire with modifications (Level 4/5), full execution of the intense Intermediate exercises (Level 5/6). 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.</p>
<p>GROUP TRX® CLASSES (Class limited to 16 participants) Registration is recommended</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. TRX BOOT CAMP is a faster-paced workout incorporating other pieces of equipment including the BOSU, weights, steps and more. A total body workout!</p>
<p>Reformer classes Beginner (Level 1) to Advanced (Level 5)</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.</p> <p>The Reformer Basics focuses on introducing and practicing essential level exercises adding modifications for those who require less or more intensity. Level ¾ Intermediate Reformer classes introduce and refine the extensive Intermediate repertoire a faster-pace using tempo variations and increased repetitions with familiar exercises. The focus is 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. Only four participants per class.</p>