

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

Monday, October 30 – Saturday, December 16, 2017 (seven 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, LR – Lyndsey Rashed*

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 (SK/LR)		*8:30am – 9:15am* 4/5 Intermediate/Advanced Pilates Mat
9:00am – 9:50am	3+ PURE MAT (SN)	Private group training	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)				3+ PowerMat (KM)	
11:00am – 11:50am	Pilates for Osteoporosis is back! (SN)		*11:10am – 12:00pm* 3+ Reformer (SN)			
12:00pm – 1:00pm		Private group training				
5:10pm – 6:00pm	3/4 Pilates FLEX Matwork with weights (SN/SK)	GROUP TRX® BOOT CAMP COMBO CLASS! Weights, TRX, Cardio and MORE! *Please call to reserve your strap 902-368-3622* (SK/SN) \$5 drop-in for AFC Members! (min. 6)		2+ Essential Pilates Corework THE BASICS con'd (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	3/4 Intermediate Reformer (SN/SK)	3/4 Pilates Mat with Props (SN/SK)		4+/5 Pilates CORE CHALLENGE Matwork with Props (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

Class descriptions October 30 – December 16, 2017 (seven weeks - **No classes Monday, November 13**)

<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+ and 3/4), executing the Intermediate Repertoire with modifications (Level 4+/5), and full execution of the intense Intermediate exercises (Level 5/6). The PowerMat term 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>Essential Pilates Corework – The Basics</p>	<p>This slower-paced 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 class for those would like to review Essential exercises and all the STOTT pilates principles.</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 Pilates CORE CHALLENGE with Props</p>	<p>This class is for those that would like to increase their knowledge of the pilates matwork repertoire by reviewing and practicing the intermediate and advanced exercises with the added intensity of equipment!</p>
<p>GROUP TRX® CLASSES (16 participants max.) <i>Registration is recommended</i></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.</p>
<p>GROUP TRX® BOOT CAMP COMBO CLASS!</p>	<p>We'll be kicking up the intensity a bit in these TRX-based classes and throw in 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! Reserving a strap by calling 902-368-3622 is recommended week-to-week please!</p>
<p>Reformer classes <i>Beginner (Level 1) to Advanced (Level 5)</i></p>	<p><i>The reformer offers all the famous benefits of Pilates including overall strength, flexibility, coordination, and balance.</i> 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. 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. Reformer BASICS will be a fast-paced introductory class ideally for those who have prior pilates matwork or reformer knowledge (or even a keen sense of body awareness!). 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. Only four participants per class.</p>

