



PILATES MAT, REFORMER & GROUP TRX® Class Schedule*

January 3 – February 29, 2020

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, SN – Stephanie Noonan, KB – Karina Boswell, KM – Kathleen MacPhe. *Schedule subject to change due to attendance.

Class time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am – 7:00am		GROUP TRX® Strength & Cardio Circuit (SK)	*6:20am – 7:10am* 3/4 Reformer (SN)			
8:30am – 9:20am					3/4 PowerMat (KB)	4/5 PowerMat (SK)
9am – 9:50am	3/4 Mat Flow (no equipment) (SN)		3/4 PowerMat (SN)		3/4 Reformer (SN/SK)	
9:30am – 10:20am						2/3 Essential Mat (SK) Introduction to Pilates** (KB) (imotion studio) Begins Jan 10 - seven weeks only
10am – 10:50am	3/4 Reformer (SN)		Pilates for Osteoporosis and Back Care (SN)			
11am – 11:50am	3/4 Reformer (SN)		*11:10am – 12:00pm* 3/4 Reformer			
4:05pm – 4:55pm		Four-week Introduction to Reformer – Jan 7, 14, 21, 28 (SK/SN)				<ul style="list-style-type: none"> • Registration is required for Reformer classes (max. 4) • Registration recommended for Group TRX® – call 902-368-3622 • Shaded block = class held in imotion studio
5pm – 5:50pm	3/4 PowerMat (SK/SN)	Men's Reformer (SK/SN)	Pilates-Yoga FUSION – All levels (KB)			
6pm – 6:50pm	4+ Reformer (SK/SN)	3/4 PowerMat with Equipment (SK/SN)	Introduction to Pilates** (KB) (imotion studio) Begins Jan 8 - seven weeks only			

** Introduction to Pilates – Registration required.

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. Like our **Facebook Page (Imotion Fitness MIND BODY CORE)** and join our Facebook group to stay up-to-date on current changes, additions and cancellations. Follow us on **Instagram @imotion_fitness**

Private or semi-private training also available. More information at www.imotionfitness.ca

<p>Level 3-5 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 classes incorporate 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, stability discs and foam rollers to increase the intensity and challenge of the exercises.</p>
<p>Introduction to STOTT Pilates (14 classes – begins Wednesday, January 8)</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. Attending class twice weekly is highly recommended. This is also a great choice class for those would like to review the Essential exercises and all the STOTT pilates principles. Registration is required.</p>
<p>Pilates-Yoga FUSION with Karina</p>	<p>Pilates-Yoga fusion is a trend that blends yoga poses with other fitness regimens, such as Pilates and strength training, small props are often used for added benefit. Pairing yoga with other disciplines lets you burn more calories than yoga alone, while still getting the benefits of this ancient practice and ending with some relaxation poses to leave you feeling strong, stretched and rejuvenated!</p>
<p>Pilates for Osteoporosis and Back Care</p>	<p>This class will focus on increasing core strength, balance and mobility for those who have been diagnosed with Osteoporosis/Osteopenia or would like to learn and practice safe exercise modifications to care for their spine and improve their posture. Registration is required.</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>