



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

Wednesday, January 4 – Saturday, February 25, 2017 (7.5 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)	*6:30am – 7:20am* Level 3/4 Intermediate Reformer (SN)	GROUP TRX® Strength & Cardio Circuit with Pilates (SK)		*8:30am – 9:15am* Level 4/5 Intermediate/Advanced Pilates Mat
9:00am – 9:50am	Level 3+ Pure Mat (SN)		Level 3/4 PowerMat With Toning Balls (SN)		Level 3/4 Intermediate Reformer (SN/KM)	*9:30am – 10:15am* FAST-TRACK INTRO TO PILATES MAT Level 1-2-3 (See Wednesday 6:10pm – begins January 14)
10:00am – 10:50am	Level 3/4 Intermediate Reformer (SN)				Level 3/4 PowerMat with Props (SN/KM)	
11:00am – 11:45am			Pilates For Osteoporosis! (SN) *Registration Required*		It's Back!! MOM & BABY TRX FITNESS! (KM) *Registration Required*	*9:30am – 10:30am* Strength and Cardio Mix-up – Open to all! AFC members \$5!
12:10pm – 1:00pm			Level 3/4 Intermediate Reformer (SN)			*10:45am – 11:30am* Level 3+ Powermat
5:10pm – 6:00pm	Level 3/4 Pilates Matwork with Props (SN/SK)	TOONIE TRX!! \$2 for AFC members! Open to all including unlimited imotion clients! *Please call to reserve your strap 902-368-3622* (alternating instructors)		Pre-Natal Group TRX® and Pilates (KM) *Registration Recommended*	<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/KM)	FAST-TRACK INTRO TO PILATES MAT Level 1-2-3 (SN/SK/TGB) (see Saturday 9:30am – *Begins January 11*) *Registration Required* 6 participants min.	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 January 4 – February 25, 2017 (7.5 weeks of classes) **(No classes Monday, February 20 – Islander Day)**

<p>Fast-Track Level 1-2-3 Introduction to Pilates Matwork</p>	<p>Fast-Track Level 1-2-3 Intro to Pilates 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! 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>Mom & Baby Group TRX class!</p>	<p>For moms and babies of all ages and fitness levels! This TRX class will focus on guiding new moms through core conditioning, posture awareness and overall strength exercises using the TRX Strap. Babies from newborn to pre-crawling are welcome! They can sit and watch mom or participate with mom in a carrier...anything goes in this class! A great place to interact with other new moms and enjoy movement music, and fun! Registration Required please. (minimum six participants)</p>
<p>Pilates for Osteoporosis</p>	<p>A gentle class focusing on the principles of posture, core strength and balance! All keys to keeping the spine and bones healthy for participants who have been diagnosed with Osteoporosis and/or Osteopenia. Participants will also use pieces of equipment such as toning balls and fitness circles to increase their strength and mobility. Registration Required. (minimum six participants)</p>
<p>Pre-Natal Pilates & GROUP TRX® Combo Class</p>	<p>Pilates is the best exercise choice during pregnancy because it strengthens the most important muscles women will use during pregnancy and labour. Pilates exercises build abdominal, back and pelvic muscles 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. Registration is recommended.</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. 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>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. The Level 2/3 Essential Reformer and Level 123 Reformer Review focuses on completing and increasing the intensity of the essential level exercises and Level 3 and 3/4 Intermediate Reformer classes introduce and refine the extensive Intermediate repertoire. The Level 3/4 POWER REFORMER 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. 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>