

Class Schedule - Pilates Mat, Reformer and Group TRX™**

Atlantic Fitness Centre Downtown, 119 Kent Street, Charlottetown, 902-368-3622

Monday, March 4 – Saturday, May 4, 2019

(9 weeks) With certified trainers Stephanie Knickle, Stephanie Noonan, Kathleen MacPhee and Sara Allen

**Unlimited classes include all GROUP TRX®, Barre and Pilates mat classes ONLY. PLEASE read the class descriptions on reverse to choose the right class level for you.*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am – 7:00am		Group TRX Cardio & Strength (SK)				*8:30am – 9:15am* Mat 4/5 (SK/SN)
9:00am – 9:50am	Mat 3/4 (SN)		Mat 3/4 (SN)		Reformer 4 (KM)	*9:30am – 10:15am* Essential Mat 3 (SK/SN)
10:00am – 10:50am	Reformer 3+ (SN)		Pilates for Osteo and Back Care (SN)		Mat 3/4 (KM)	*10:30am – 11:15am* Introduction to Group TRX! March 2 and 9 th only! (SK/SN)
11:10am – 12:00pm			Reformer 3+ (SN)			
12:10pm – 1:00pm				*NEW* BARRE TRAINING with Sara!	Reformer 3+ (KM)	
5:00pm – 5:50pm	Reformer for Men (SK) Mat 3/4 (SN)			*NEW* BARRE TRAINING with Sara!		Bolded and Shaded class = class in imotion fitness studio room
6:00pm – 6:50pm	Reformer 3/4 (SN)	Mat 3/4 (SK/SN)				

****Schedule subject to change due to attendance****

Private or semi-private training also available.

We will be offering a REDUCED CLASS SCHEDULE during the week of March Break – March 18 – 22. No classes on Good Friday, April 19 or Easter Monday, April 22.

Please visit www.imotionfitness.ca for information on fees, policies and more.

Call or text Stephanie at 902-314-3488 or email fitness@eastlink.ca

Instagram - @imotion_fitness

Facebook - Imotion fitness MIND BODY CORE

Class descriptions March 4 – May 4, 2019

Levels 3 – 5 Matwork

Mat classes focus on practicing and increasing the pace of the Essential Matwork (**Level 3+ - easy to moderate challenge**), with preparation and strengthening for the Intermediate Matwork (**Level 3/4 – moderate to difficult challenge**), executing the Intermediate Repertoire with modifications (**Level 4+ - difficult challenge**), and full execution of the intense Intermediate/Advanced exercises (**Level 5 -most difficult challenge**). Exercise intensity and challenge will be increased in Mat classes with 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.

Group TRX®

The Group 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 on the suspended strap that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. It is recommended participants go through an Introduction to GROUP TRX® 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 recommended.

Barre Training

Barre is back! Barre is a total body workout using the ballet barre as a fitness and balancing tool! Instructor Sara incorporates small isometric movements, stretching, low impact cardio intervals and body weight training into one very effective class. She also focuses on mindful movement to improve postural alignment, muscle tone and core strength. Work to upbeat, current music that will leave you feeling energized and strong. Classes are frequently updated to keep your body and mind challenged for continued results using mini stability balls, light hand weights and flex bands! No dance experience is needed and all fitness levels are welcome. Expect to be challenged and feel the burn that only barre can provide!

Pilates for Osteoporosis and Back Care

This class focuses on learning and practicing exercises which help increase core strength, balance and mobility for those who have either been diagnosed with Osteoporosis/ Osteopenia or would like to learn and practice safe exercise modifications to care for their spine, improve their posture and overall mobility. Registration required.

Reformer

The reformer offers all and more of the benefits of Pilates including strength, flexibility, and balance and provides specialized programming options for core stability, peripheral strengthening and overall body conditioning. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the foot bar, with additional equipment, upside down, sideways and all kinds of variations thereof. **Level 3+ and 3/4 Intermediate** Reformer classes introduce and practice the extensive Intermediate repertoire with a focus on endurance and higher intensity intervals. **Level 4** Reformer includes 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.

- Reformer clients are asked to confirm their attendance for the session. Minimum three per class.