



# Class Schedule

## Pilates Mat, Reformer and Group TRX™\*\*

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

### Monday, May 6 – Saturday, June 29, 2019

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am – 7:00am		Group TRX Cardio & Strength (SK)				<b>*8:30am – 9:15am*</b> Mat 4/5 (SK/SN)
9:00am – 9:50am	Mat 3/4 (SN)		Mat 3/4 (SN)		<b>Reformer 4 (KM)</b>	<b>*9:30am – 10:15am*</b> Essential Mat 3 (SK/SN)
10:00am – 10:50am	<b>Reformer 3+ (SN)</b>		Introduction to Essential Pilates for Posture & Back Care (SN)		Mat 3/4 (KM)	<b>*10:30am – 11:15am*</b> <i>Look for a variety of POP UP classes here through May and June!</i>
11:10am – 12:00pm	<b>*NEW!*</b> Essential Reformer Review!		<b>Reformer 3+ (SN)</b>			
12:10pm – 1:00pm						
5:00pm – 5:50pm	<b>Reformer for Men (SK)</b>	Mat 3/4 (SN)		<b>BARRE FITNESS with Sara!</b>		<b>Bolded and Shaded class = class in imotion fitness studio room</b>
6:00pm – 6:50pm	<b>Reformer 3/4 (SN)</b>	Mat 3/4 (SK/SN)				

\*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.

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

Private or semi-private training also available.

**No classes Monday, May 20 - Victoria Day.**

Please visit [www.imotionfitness.ca](http://www.imotionfitness.ca) for information on fees, policies and more.

Call or text Stephanie at 902-314-3488 or email [fitness@eastlink.ca](mailto:fitness@eastlink.ca)

Instagram - @imotion\_fitness

Facebook - Imotion fitness MIND BODY CORE

## **Class descriptions May 6 – June 29, 2019 – Eight-week schedule!**

### **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.

### **Essential Pilates for Posture and Back Care**

This class will introduce the five STOTT Pilates principles and essential level exercises and provide modifications and options for clients who have limitations due to back or disc issues and/or deal with back pain due to lack of core strength and instability. Focus will be on how to safely perform the essential pilates exercises which target posture, limit flexion or extension of the spine, and develop core strength, balance and mobility. Participants will learn how to improve core and overall strength using various movement patterns, such as standing, sitting and lying down. There is equipment also used such as toning balls, flexbands and Fitness Circles.

### **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!

### **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\*\*