



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

## Tuesday, July 3 - Saturday, August 25, 2018

Eight-week session (No classes August 17)

*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, 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)	Reformer 3/4 (SN)	GROUP TRX® Strength & Cardio Circuit (LR)		*8:45am – 9:30am* 3/4 PowerMat
9:00am – 9:50am	3+ PURE MAT (SN)		3/4 PowerMat (SN)		Reformer 3/4 (KM)	*9:45am – 10:30am* SATURDAY'S SUMMER BOOT CAMP! JULY 7, 14, 21 and 28 ONLY!
10:00am – 10:50am	Reformer 3/4 (SN)				3/4 PowerMat (KM)	
11:00am – 11:50am			Reformer 3+ (SN)		Reformer 3+ (KM)	
12:00pm – 12:50pm						
4:45pm – 5:35pm	3/4 PowerMat (SK/SN)	Introduction to STOTT Pilates Matwork and Group TRX (KM)	2/3 Essential Pilates Matwork for Rehab & Injury Prevention (SK) <b>***JULY 4, 11 18 and 25 ONLY***</b>		*Registration required for Reformer classes (4 maximum) *Registration recommended for GROUP TRX® *GROUP TRX® Drop-ins: Please call the AFC at 368-3622 to reserve a strap	
5:45pm – 6:35pm	Reformer 3/4 (SN)	3/4 PowerMat (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](http://www.imotionfitness.ca) or [fitness@eastlink.ca](mailto:fitness@eastlink.ca)

Class descriptions July 3 – August 25, 2018 (eight weeks) – (No classes Friday, August 17)

<p align="center"><b>Level 3 – 5 PowerMat Classes</b></p>	<p>PowerMat classes focus on practicing and increasing the pace of the Essential Matwork (<b>Level 3+ - easy to moderate challenge</b>), with preparation and strengthening for the Intermediate Matwork (<b>Level 3/4 – moderate to difficult challenge</b>), executing the Intermediate Repertoire with modifications (<b>Level 4+ - difficult challenge</b>), and full execution of the intense Intermediate/Advanced exercises (<b>Level 5 -most difficult challenge</b>). <b>PowerMat classes increase exercise intensity and challenge 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.</b></p>
<p align="center"><b>Level 3+ PURE MAT</b></p>	<p>Don't worry about any equipment in this class.... A gentler approach to the Essential Matwork repertoire focusing on refining the STOTT Pilates Essential exercises. Class pace is somewhat slower with an emphasis on alignment, form and breath, and includes review exercises for participants with physical limitations and/or those recovering from injury who require modifications and exercise adaptations.</p>
<p align="center"><b>Level 2/3 Essential Pilates Matwork – Modifications for Rehab and Injury Treatment &amp; Prevention</b></p>	<p>This slower-paced class will assist clients with learning exercise modifications in order to accommodate postural issues, back pain, past injuries (and prevention of further ones) and other adaptations based on specific needs. In addition to exercises modifications, the focus will also be on increasing client's core strength, improving alignment, balance and overall mobility/flexibility.</p>
<p align="center"><b>Introduction to STOTT Pilates Matwork and TRX! Tuesdays 4:45pm</b></p>	<p><b>Introduction to Pilates Matwork</b> will focus on introducing, practicing and refining the five STOTT Pilates Principles while applying them to the Essential STOTT Pilates Matwork repertoire. Principles will be reviewed and new exercises added each class to develop flow and muscular endurance. Kathleen will also introduce the basics of the TRX Strap which can expand core conditioning to the entire body! <b>NEW CLIENTS MUST PRE-REGISTER.</b> These classes are also open to all clients and for those would like to review the Essential exercises and the STOTT Pilates principles as well.</p>
<p align="center"><b>GROUP TRX® STRENGTH &amp; CARDIO CLASSES</b></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 <b>power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.</b> 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. <b>Registration is recommended.</b></p>
<p align="center"><b>SUMMER SATURDAY BOOT CAMP! July 7, 14, 21 and 28 only!</b></p>	<p>Stay fit, strong and healthy this summer! A total body workout including cardio, HIIT intervals, CORE strength and endurance exercises all using the TRX Strap, BOSU, weights and more! <b>\$5.00 For AFC members ONLY!</b> Class included in imotion UNLIMITED CLASSES purchase!</p>
<p align="center"><b>Reformer classes Beginner (Level 1) to Advanced (Level 5) *Four participants per class</b></p>	<p><b>The reformer offers all the famous benefits of Pilates including overall strength, flexibility, coordination, and balance.</b> 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. <b>Level 3 and 3/4 Intermediate Reformer</b> classes introduce and refine the extensive Intermediate repertoire with a focus on endurance and higher intensity intervals. <b>Level 4+ Reformer</b> 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 (<b>Level 5</b>). <b>Registration is required.</b></p>