

PILATES

in Guelph

Centre for Professional Pilates Instruction

109 Surrey St. E. Unit B. Guelph, ON (519) 829-2928 www.pilatesinguelph.com

Winter 2012 - 4 weeks: Monday January 9th to Sunday February 5th 2012

10 weeks: Monday Feb. 6th to Monday April 23rd (There are no classes for Family Day, Easter Friday April 6th to Thursday April 12th 2012)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 Core Dynamics Anjeelee		9:30 Reformer/Mat Beg. Sarah	9:10 Reformer/Mat Int. Catherine	9:15 Core Balance Catherine	9:15 Core Dynamics Candice	
10:30 Reformer/Mat Int. Anjeelee	10:00 Reformer Foundation Catherine			10:15-10:40 Core Rebound Ex Anjeelee	9:15 Core Reformer Catherine	
	11:00 Reformer Intense Caitlin			10:45 Reformer Precision Anjeelee	10:15 Core Reformer Catherine	
Open Studio* 9:15 – 12:00		Open Studio* 9:15 – 12:00	12:00 Precision Pilates Caitlin			
			1:15 (45 min) Begins Mar. 8 th Hips & Knee Reformer Caitlin			
3:15 Moms & Tots Catherine	2:30 - 3:15 Stroke Recovery Caitlin					
4:30 - 5:15 Gentle Reformer Catherine		4:30 - 5:15 Gentle Reformer Caitlin				
	5:10 Reformer/Mat Int. Anjeelee	5:25 Prenatal Pilates Caitlin/Sarah				
6:30 Integration Caitlin	6:15 Core Dynamics Anjeelee	6:30 Vertical Cardio Pilates Candice	6:15 Hip Legs and Abs Sarah			
6:30 Core Reformer Catherine	6:15 Reformer Precision Caitlin	6:30 Reformer Foundation Caitlin/Sarah	6:15 Reformer III Caitlin			
7:30 Arms, Shoulders & Core Sarah			7:15 Pilates Basics Caitlin/Carolyn			
7:30 Reformer Flow Caitlin	7:15 Reformer Foundation Anjeelee		7:15 Reformer Precision Sarah			
8:30 Reformer Intense Sarah			8:15 Pilates Bootcamp Carolyn			

Packages & Prices*	4 weeks	10 weeks
Group Mat Class	\$66	\$165
Moms & Tots	\$66	\$165
Pre Natal	See chart	\$206
2 nd & 3 rd class of lesser or equal value	10% off	
Unlimited Mat <small>*Includes Mat and Rebounding Classes</small>	\$195	\$438
Core Rebounding Express (25 min)	\$44	\$120
Reformer Class	\$95	\$237
Reformer/Mat Class	\$83.5	\$206
Gentle Reformer (45 min)	\$77.25	\$192.5
Knee & Hip Reformer (45 min)	\$77.25	\$192.5
Back Care (45 min)	\$77.25	\$192.5
Beginner Package <small>add 2 private sessions to any group class</small>	\$115 Save \$15	
Whole Body Workshops Back Care, Shoulders & Neck, Posture	\$65	

*Based on a 4 and 10 week set of classes. Prices do not include HST. Classes are 55 minutes in length unless otherwise noted. There is a limit of 12 participants per mat class and 6 in the reformer room. Classes that do not meet the minimum number of participants may be cancelled with a full refund provided. Group classes are 100% non refundable after the first day of class. In the case of Medical withdraws, a doctor's note must be received. When you book a private session, this time is reserved exclusively for you. 24 hours cancellation notice is required or the full fee will be charged. All private sessions bought with group classes expire at the end of the term.

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Mat Class Descriptions:

Pilates Basics (beg.) The Foundation class is an in-depth introduction to the Pilates method that teaches you Pilate's essentials for exceptional results. At the end of the course your instructor will assist you in choosing what class to enroll in next.

Precision Pilates (int.) This class will build on the foundation class to increase your skill, knowledge and strength. Each week we will focus on a specific area of the body to gain a deeper understanding of how to move with greater ease and efficiency while building whole body strength.

Core Rebounding (int.) This class uses mini-trampolines to enhance cardiovascular fitness and rev-up your lymphatic system. This is high energy and low impact at the same time! Mat exercises round out each class so you feel strong, supple and invigorated by the end of the hour.

Vertical Cardio Pilates (int.) The exercises in this class are dynamic, dance-like and fluid. Your body will feel it has been worked thoroughly, your balance will improve and you will slim and tone your hips and thighs. This class takes core training to the next level. Try it out!

Core Balance (int.) Balance comes from core strength and body integration. Challenge your core & your balance using a variety of unstable equipment. Use new equipment each week to strength the core and balance in new and wonderful ways.

Core Dynamics (int.) Combine the principles of Pilates with traditional resistance training. Using weights and other equipment, enjoy the benefits of a total body, strength-conditioning workout that will get your heart pumping! 10 minutes of Vertical Pilates in each class.

Pilates Boot camp (mixed) Mixing group exercises with individual circuit exercises, this class will keep you challenged. Use rebounders, reformers, bosus, and balls each

week is surprisingly different. Level 1 & 2 makes this course appropriate for beg/int or int/adv students.

Hips, Legs and Abs (int/adv) The name says it all. Work your core (hips, legs and abs) from every angle and every direction. Shape, tone and strengthen to look fabulous and/or improve your performance with this intense class. Level 1(int) & Level 2 (int/adv)

Integration (adv.) This advanced level class will weave the Classical Pilates exercises into a flowing and challenging total body workout!

Restorative Program

Gentle Reformer class (gentle) Gentle yet profound. This class expands your range of motion, strengthens and balances around your joints while providing a strong inner unit support system. Maximum 6 people & 45 minutes in length

Hips & Knee Reformer class (gentle) Strengthening around the hip and knee joints, this class provides the ideal environment for re-training proper leg alignment and proper muscle balance. Beginning in a semi supine position, the class will progress to standing positions.

Back Care Reformer class (gentle) Using a series of gentle exercises to re-train faulty muscle recruitment and movement patterns, disc herniations, spinal fusions and other back conditions are addressed. Gentle and supportive, this class has particular focus on the importance of the neuromuscular integrity of both the local and global systems of support.

Reformer Class Descriptions:

**** YOU MUST have adequate previous experience on the Reformers prior to attending an intermediate or advanced class.**

Reformer/Mat class (beginner/intermediate) Mat & Reformer exercises are brought together in this comprehensive class. Learn/renew the fundamental principles of Pilates while strengthening and stretching your whole body!

Reformer Foundation (beginner) This class is a balanced workout that starts to challenge how you use your core in relation to the resistance provided by the reformer machines. You will lengthen, strengthen and realign with this gentle and invigorating class.

Core Reformer: (int.) Building on the foundational strength from Gentle or Back Care Reformer, this class adds more core challenge while maintaining spine control.

Reformer Precision** (int.) Develop functional strength throughout your body while taking your workout to the next level with the reformer machines. This class is a profound workout that focuses on creating optimal and efficient movement in your body.

Reformer Intense* (intermediate 1/2) More repetitions and more resistance.

Reformer Dynamic* (int. 2) Sculpt a strong, flexible and balanced body with this challenging class that builds core strength, tones arms and strengthens legs. The pace is faster, the exercises challenge your limbs and core and the workout is exhilarating.

Reformer III** (adv.) An exhilarating total body workout with more integrated exercises while challenging your core, shoulders and legs. Participants should be prepared to challenge their balance and coordination. This class alternates between challenge and technique.

Specialty Classes

Pre Natal Pilates & Moms & Tots (mixed level) Our Program is carefully developed to safely address the changes during and after pregnancy. Your safety is important to us. We require clearance from your primary healthcare provider.

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