

# ROOT PILATES | DECEMBER SCHEDULE

## MONDAY

TIME	CLASS	LEVEL	INST.	LOC.
6:00-6:55	Cirq-It Pilates	1	Analia	PS \$
9:30-10:25	Reform & Transform	2	Liz	PS \$
10:30-11:30	<i>barre</i> POWER	1	Kelsey	S2
11:35-12:30	Pilates with Props	1	Liz	S2
5:30-6:25	Reform & Transform	1/2	Mineca	PS \$

## TUESDAY

TIME	CLASS	LEVEL	INST.	LOC.
6:35-7:35	Pilates Mat	1	Marisa	S2
9:00-9:55	Pilates Equipment	1	Analia	PS \$
5:30-6:30	<i>barre</i> POWER	1	Sarah B	S2

## WEDNESDAY

TIME	CLASS	LEVEL	INST.	LOC.
★ 5:30-6:30	<i>barre</i> POWER	1	Kelsey	S2
6:00-6:55	Reform & Transform	1/2	Analia	PS \$
7:15-8:10	Cirq-It Pilates	1	Analia	PS \$
9:15-10:10	Tower Of Power	2/3	Mineca	PS \$
10:30-11:30	<i>barre</i> POWER	1	Sarah W	S2

## THURSDAY

TIME	CLASS	LEVEL	INST.	LOC.
8:00-8:55	Pilates Equipment	1	Mineca	PS \$
8:30-9:30	Pilates with Props	1	Lee	ES
9:00-10:00	<b>BUFF BONES</b>	1	Analia	S2 <b>P</b>
9:30-10:25	Pilates Mixed Equipment	1/2	Holly	PS \$
★ 10:30-11:30	<i>barre</i> POWER	1	Ashley T	S2
4:30-5:30	<i>barre</i> POWER	1	Ashley T	S2 \$
6:30-7:25	Pilates Equipment	1/2	Marisa/Liz	PS

## FRIDAY

TIME	CLASS	LEVEL	INST.	LOC.
6:30-7:25	Pilates Equipment	2/3	Marisa	PS \$
7:30-8:30	Pilates Equipment	2/3	Marisa	PS \$
10:30-11:25	Reform & Transform	1/2	Liz	PS \$
12:00-1:00	<i>barre</i> POWER	1	Sarah B	S2

## SATURDAY

TIME	CLASS	LEVEL	INST.	LOC.
9:00-9:55	Reform & Transform	2	Liz	PS \$
10:00-11:00	Pilates Mat	1	Liz	ES
11:30-12:30	<i>barre</i> POWER	1	Rotation	S2

## SUNDAY

TIME	CLASS	LEVEL	INST.	LOC.
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★ NEW CLASS  
 P PASS REQUIRED  
 \$ FEE BASED

ES - Enlighten Studio S1 - Studio 1  
 PS - Pilates Studio S2 - Studio 2  
 CR - Conference Room

Please note: Classes highlighted in yellow are on the "watch list." These classes have had low participation and are in jeopardy of being CANCELED. In order to make the most efficient use of our studio space, we may discontinue classes if there are under 10 participants consistently.

#### CIRQ-IT PILATES\*

Do you want to use a variety of equipment in the studio in a guided setting appropriate for beginners as well as experienced pilates students wanting a slower-paced class. Full-body workout increases strength & flexibility, while improving posture, balance & control. Exercises will vary each week & include a combination of equipment.

#### JUMPBOARD\*

Want more cardio from your Pilates practice? Pilates Jumpboard interval training is a dynamic workout that combines strength training and cardio. Increase your heart rate, target legs and core, and increase spinal stability and muscular endurance. This class is not recommended for those with hip, knee, or back issues. Reformer and previous Pilates experience is highly recommended.

#### PILATES EQUIPMENT\*

A chance to use a variety of equipment in the studio in a guided setting appropriate for beginners as well as experienced pilates students wanting a slower-paced class. Full-body workout increases strength & flexibility, while improving posture, balance & control. Exercises will vary each week & include a combination of equipment.

#### PILATES FOR MEN\*

This class focuses on men's needs: flexibility, endurance, core strength, and control. Throughout class, your body and mind will be challenged with exercises using a variety of Pilates equipment.

#### REFORM AND TRANSFORM\*

The reformer is the centerpiece of the Pilates apparatus and is considered the "moving mat". It brings an incredible dimension to the work and simultaneously supports the body while challenging the core strength and overall stabilization. All exercises are done with controlled, precise movements and follow a specific sequence building in mental and physical intensity as it progresses. With consistency you will feel and look transformed!

#### TOWER OF POWER\*

The Pilates tower blends the use of arm springs, leg springs, and various bars with mat work to deliver a very effective and satisfying workout. Using the weight resistance of the various springs increases metabolism and muscle definition. Leave your body more aligned, lengthened, strengthened, and certainly more powerful! \*\$25 members, \$30 non-members. Package rates available. Only 4 spaces per class available. Please sign up at the front desk.

#### BARRE POWER

Barre fitness classes are not just another trend. The Barre Technique thins your thighs, lifts your seat, flatters your abs and tones your arms, all while utilizing the basics of ballet on the barre! Limit 15 participants per class. A BarrePOWER Pass is required to attend. Passes will be available at the front desk on a first come, first serve basis, starting 30 minutes prior to class time. *Limit one pass per person - must be present to pick up the pass (cannot reserve via phone or for other class participants.)*

#### BUFF BONES

Buff Bones is a medically endorsed Pilates Mat program that provides a full body workout. Exercises include strength training, balance, functional movement, and rehabilitative exercise. This program is safe for those with Osteopenia and Osteoporosis.

#### PILATES MAT

Build your foundation for understanding the Pilates Method while emphasizing proper body mechanics, breath control, abdominal support and spine/pelvic alignment, while stretching, strengthening and lengthening your muscles. You will experience each movement from the inside out as you improve coordination, balance, posture and flexibility. Beginners through advanced welcome! Modifications are provided if needed.

#### PILATES WITH PROPS

Is a fun way to explore your body and experience a different kind of challenge and support in the Pilates Method. Pilates with Props will offer work with small 5 inch balls, magic circles, rollers, and therabands on a mat to challenge and assist your core, upper body strength, lower extremity strength, coordination and balance.

### BREAKDOWN OF YOGA/PILATES LEVELS

#### Level 1: Build your foundation.

The basics and fundamentals of postures are introduced. Learn the process of proper alignment in the poses, breathing techniques, and build confidence in your practice. These classes are designed for both students with no experience (*beginners*) as well as the seasoned practitioner.

#### Level 2: Experience needed.

Level 2 classes start to introduce more intermediate to advanced poses to help take your practice to a new level. Classes generally have a "flow" and "rhythm" to encourage the evolution of one's practice as *moving meditation*. They are more vigorous and challenging to help engender mind/body vitality.

#### Level 3: The ultimate experience.

For advanced practitioners that need very little demonstration of poses. These classes will be mostly intermediate and advanced poses and have a vigorous pace. Take these classes only if you have a serious degree of knowledge, stamina and flexibility. Level 3 classes are great for students looking for the highest degree of difficulty.

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