



Pilates Schedule

Spring/Summer 2023 (May 1st - June 25th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30 AM (45) FREE CORE PILATES Sarah (Studio B)					
	9:30 AM (55) INTERMEDIATE (FS) Sarah (Pilates)		9:00 AM (45) FREE CORE PILATES Mary (Studio B)		9:30 AM (55) ADV/INTERM (FS) Mary (Pilates)	9:30 AM (55) ADV/INTERM (FS) Mary (Pilates)
	10:30 AM (55) BEGINNER (FS) Sarah (Pilates)		10:30 AM (55) INTERMEDIATE (FS) Tamie (Pilates)			11:00 (55) BEGINNER REFORMER Mary (Pilates)
12:00 PM (55) INTERMEDIATE (FS) Mary (Pilates)					12:00 PM (55) BEGINNER REFORMER Mary (Pilates)	
1:15 PM (90) ZEN-GA Joan & Sarah					1:15 PM (45) DEMO Class See flyer for dates	

Class Descriptions

FREE CORE PILATES Enhanced STOTT PILATES mat that uses props including balls and bands, for the development of a strong, abdominals and back.

What is Reformer Pilates? Reformer Pilates combines the traditional principles and movement of mat Pilates with a Reformer machine. You develop a strong core by supporting and strengthening the muscles of your torso, hips, shoulders and pelvis. It gives you a full-body workout which improves power, strength, flexibility and efficiency.

DEMO Class Interested in trying out a Reformer class? Contact Mary Keen @ mkeen@lifebridgehealth.org to reserve a spot

BEGINNER

INTERMEDIATE

ADVANCED

Three levels of Reformer & Full Studio classes

Speciality Classes on the Reformer (see flyer for details)

MENS ONLY CLASS Men's only Reformer Class - all levels welcome

ATHLETIC CONDT. Improve strength, power, and agility with exercises that challenge unilateral movement, weight transference and core stability.

ZEN-GA A unique mind-body modality that fuses elements of Pilates, yoga, martial arts and meditation into a series of flowing movements that emphasize the breath and strengthen both body and mind. Instructor Pre-approval needed.

Reformer JUMP BOARD The Jumpboard is a Pilates Reformer accessory that is often used for plyometric training as it mimics the hard surface of the floor. The wide platform and firm padded jumping surface allows for biometrically sound foot placement for both plyometric and aerobic exercise with very low impact to joints and body.

Flexion Free Reformer This class is for individuals with Osteoporosis, Spinal Conditions, Disc Injuries, Abdominal hernias, Post-partum Moms who need to limit spinal flexion.