


8 WEEK PILATES CLASS SERIES!

JANUARY 9TH TO MARCH 4TH, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8am 30/30 with Chelsea					
1-2pm VERTICAL REFORMER with Joanne		1-2pm PILATES WITH PROPS with Soo			1-2pm CARDIO REBOUNDING* with Chelsea
6-7pm ATHLETIC CONDITIONING REFORMER with Maria			5-6pm ELDOA/MFS* with Joyce		



Class Descriptions

30/30: 30 minutes of athletic Reformer work and 30 minutes of lengthening, strengthening and core abdominal work.

ATHLETIC CONDITIONING REFORMER: An intense hour that fuses core work, flexibility work, balance, agility and more. This Reformer class makes your body and mind buzz with energy.

CARDIO REBOUNDING: 30 minutes of jumping on joint-friendly mini-trampolines, 30 minutes of Pilates matwork. Rev up your cardiovascular system, recharge your lymphatic system, and thoroughly tone your musculoskeletal system.

ELDOA: Work your spine. Improve your posture, your spine's flexibility, strength and overall sense of well-being. ELDOA exercises are performed seated or supine positions on the mat. ELDOA exercises are effective regardless of posture, age and/or level of conditioning.

MYOFASCIAL STRETCHING (MFS): Lengthen and strengthen your muscles. Improve flexibility, body awareness and comfort. Experience relief from tight muscles and limitation in your range of motion.

PILATES WITH PROPS: Each week is a surprising new workout. Intensify your Pilates practice using small props to challenge your balance, strength and control. Props include Bosu, Bolster, Stability Cushion, Fitness Circle, Flex Band and Weighted Ball.

VERTICAL REFORMER: There will be no lying down in this class. Challenge your postural muscles in standing, kneeling and sitting. Using the reformer's resistance you will challenge your core, balance and focus.

\$280 + HST (\$245 + HST for Monday classes)

Pre-requisite: 5 Private Pilates sessions or previous Intro to Pilates series required.

*No experience required for Intro to Pilates, ELDOA/MFS or Rebounding classes.

Instructors subject to change.



Cambridge Group of Clubs

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