



## Pilates in Ada - Group Class Schedule as of November 1<sup>st</sup> 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30-8:20 am Men's Reformer Jen S	7:30-8:20 am Reformer II Jen S				
8:35-9:25 am Reformer II Jen K	8:35-9:25 am Cardio Jumpboard Reformer Jen S	8:35-9:25 am Cardio Jumpboard Reformer Jen K	9:00-9:50 am Reformer I Kerstyn	8:35-9:25 am Reformer II Jen K	8:35-9:25 am Reformer II Heidi J	
9:35-10:25 am Cardio Jumpboard Reformer Jen K	9:35-10:25 am Reformer II Devon	9:35-10:25 am Reformer I Jen S	10:00-10:50 am Cardio Jumpboard Reformer Kerstyn	9:35 – 10:25 am Reformer II Devon	9:35 – 10:25 am Reformer I Heidi J	
	11:35 – 12:25 pm Reformer I Heidi J			10:35 – 11:25 am Reformer for the Back Devon		
		12:40-1:30 pm Reformer II Jen K				
Evening Classes	Evening Classes	Evening Classes	Evening Classes	Evening Classes		
			4:00-4:50 pm Reformer for Teens Kerstyn			
			5:15-6:05 pm Reformer I Kerstyn			
6:00-6:50 pm Reformer II Jen S.	6:15-7:05 pm Reformer II Devon					

Please call **616-242-9595**, email [info@pilatesineast.com](mailto:info@pilatesineast.com) or schedule online ahead of time to make a reservation in the class(es) you would like to attend. "Drop-ins" are welcome if space permits, however participants with reservations get priority. All group class participants should be injury free and not have any conditions that could be made worse by physical activity. All group Reformer participants must do an initial one-on-one session to determine proper level and safely protocol of equipment. Schedule is subject to change. The most up-to-date schedule is available online at [www.pilatesineast.com/schedule](http://www.pilatesineast.com/schedule). Please contact the studio for updates, additions, holidays and cancellations.



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### **PILATES FOUNDATION (EAST LOCATION)**

This class will guide you through the foundational principles of Pilates and transform the way you look, feel and move. Take a deep breath, activate your core, stand straighter, have better balance, feel stronger and enjoy life to the fullest! This class is osteoporosis, osteoarthritis and minor back issue friendly; however, you do need clearance from your medical care provider and to let your instructor know about any issues that need special consideration.

**TONE & TIGHTEN (EAST LOCATION)** The formula for this class is simple: one part abs + one part upper body + one part lower body = a total body workout from head to toe.

This is a creative and fun class that uses weighted balls and other small equipment for added resistance and results.

### **BODY BARRE (EAST LOCATION)**

This class is designed to get you in the "fat burning zone" and sculpt your body slim! Standing Pilates, Ballet Barre and low impact resistance moves sculpt and tone from head to toe. Stand taller with better posture and balance after every class.

### **BARRE PHYSIQUE (EAST LOCATION)**

It's the ultimate lean barre routine you've been looking for, combining toning and sculpting exercises with bouts of high-intensity cardio intervals. The results? Long, lean muscles, increased stamina and a healthier cardiovascular system. The trifecta of fitness making it one of the most efficient heart healthy workouts you can do Barre none!

### **CLASSICAL PILATES (EAST LOCATION)**

This class includes challenging intermediate and advanced level Pilates mat exercises and sequences. Inspired by the original Pilates sequences this class flows from exercise to exercise in a dynamic and exhilarating workout. Stretch, strengthen and balance your whole body while learning to refine the classical Pilates exercises for superior results.

### **REFORMER FOUNDATION**

Discover the transformative benefits of the Pilates Reformer and the unique foundational principles of the Pilates method. Take a deep breath, activate your core, stand straighter, have better balance, feel stronger and enjoy life to the fullest! This class is osteoporosis, osteoarthritis and minor back issue friendly; however, you do need clearance from your medical care provider and to let your instructor know about any issues that need special consideration.

### **REFORMER FOR THE BACK**

This group reformer class will focus primarily on the biomechanics of the back. In this class you will learn different modifications and variations of the classical Pilates exercises that will address your individual concerns and issues. The goal of this class is to give our clients awareness and knowledge about their bodies so they can move freely and more effectively throughout their day. You can expect a hands on approach and mini teaching lessons during each class. While the routine will focus on the back, you will still receive the full body workout you're accustomed to. All levels welcome.

### **REFORMER I**

Small personal training groups of 4-7 work on the specialized Pilates equipment called the "Reformer"... tone, tighten, stretch and lengthen! This class is for those who might be newer to Pilates but have some reformer experience and want to move at a steady pace. The instructor will give recommendations for modifications and spring weights. You must get clearance from the studio coordinator or director before you can have access to schedule these classes yourself.

### **REFORMER II**

Small personal training groups of 4-7 work on the specialized Pilates equipment called the "Reformer"... tone, tighten, stretch and lengthen! This class will move at a faster and more challenging pace than Reformer I. Participants are required to have a history of experience with the reformer, be able to modify exercises and spring weight on their own with instructor input and have minimal to no restrictions. You must get clearance from the studio coordinator or director before you can have access to schedule these classes yourself.

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### REFORMER III

Small personal training groups of 4-7 work on the specialized Pilates equipment called the "Reformer"... tone, tighten, stretch and lengthen! This class is the most advanced reformer class. The pace is fast and the exercises are very challenging. Participants are those who have no limitations and are able to adjust spring weight, footbar and jumpboard on their own. A typical participant will have many years experience and/or have taken reformer instructor training. The regular instructor for this class is a Master Teacher with PMA certification. You must get clearance from the studio coordinator or director before you can have access to schedule these classes yourself.

### BODHI SUSPENSION/REFORMER (ADA LOCATION)

This is a two part class: The first 25 minutes are packed with plenty of moves to strengthen your abs, lower back and trunk. It is designed to tone, build and strengthen the abdominal muscles. In this class you will use a variety of small props to take the basic ab exercise to the next level. The second 25 minutes utilizes the revolutionary Bodhi Four point suspension training system. The Bodhi will challenge your core strength, flexibility and muscle balance. This circuit-style class incorporates movements using gravity and your body weight to perform numerous exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. All levels welcome!

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