

(616) 242-9595
www.pilatesineast.com

2213 Wealthy St. S.E. Suite 210
Grand Rapids, MI 49301



PILATES

in East



FALL 2010 GROUP CLASS SCHEDULE 9 WEEK SESSION • TUESDAY SEPTEMBER 7TH - FRIDAY NOVEMBER 5TH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 Tone & Tighten Lisa				
8:00 Core Dynamics Ahmé		8:00 Tone & Tighten Ahmé		8:00 Tone & Tighten Lisa	
9:10 Balanced Body Ahmé	9:10 Tone & Tighten Ahmé	9:10 Reformer Group	9:10 Core Dynamics Ahmé	9:10 Reformer Group	9:00 Tone & Tighten
		10:10 Reformer Group			
5:00 Reformer Group		5:00 Tone & Tighten Ahmé		<i>PRIVATE TRAINING SESSIONS ARE AVAILABLE BY APPOINTMENT.</i>	
6:05 Core Dynamics Ahmé	6:05 Tone & Tighten Ahmé	6:05 Body Blast Ahmé	6:05 Tone & Tighten Jennifer		
7:10 Balanced Body Ahmé	7:10 Reformer Group	7:10 Tone & Tighten Ahmé			

BALANCED BODY - Beginner/Gentle Intermediate

A gentle stretching and muscle conditioning class; this class focuses on creating balance in the body, good posture and overall health. This is a relaxing class taught at a modest pace.

TONE & TIGHTEN - Athletic Beginner/Intermediate/Advanced

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

BODY BLAST - Athletic Beginner/Intermediate/Advanced

This fun and energetic class starts off with a Pilates warm-up, stretching and ab routine then "turns up the heat" with a circuit style strength workout.

CORE DYNAMICS - Intermediate/Advanced

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.

All group class participants should be injury free. Notify your instructor immediately if you have an injury or condition that could be made worse by physical activity.

All group mat classes are 60 minutes in length unless otherwise noted. Reformer group classes are 55 minutes in length.

Group mat and Reformer schedule is subject to change. Please contact the studio for updates, additions and cancellations.

REFORMER GROUP CLASSES

Take your Pilates to a whole new level with the unique training benefits of the Reformer, Pilates most popular piece of equipment. With small groups of 2-4 you get a customized class and personal attention from the instructor. Class times are suggested above but additional times can be added as requested. Classes require a commitment from at least 2 participants to run.