

FALL PILATES CLASS SCHEDULE
(10 week session: Aug 30 – Nov 6)

| MON | TUES | WED | THURS | FRI | SAT |
|--|--|---|--|--|--|
| 8 am - 9 <i>Pilates Reformer (Mollie)</i> | | 8 am - 9 <i>Pilates Reformer (Mollie)</i> | | | 7:30 am - 8:45 <i>Pilates Plus at CDC * (Kirsten)</i> |
| | | 9 am – 10 <i>Pilates Reformer (Mollie)</i> | | | 8 am - 9 <i>Pilates Reformer (Mollie)</i> |
| 9am - 10 <i>Pilates Mat (Kirsten)</i> | | 9 am – 10 <i>Pilates mat (Kirsten)</i> | | | 9 am – 10 <i>Pilates Reformer (Mollie)</i> |
| | | | 11:30 - 12:15 <i>Beginner's Reformer (Mollie)</i> | 12 pm - 1 <i>Pilates Reformer (Kirsten)</i> | |
| 5:30 pm – 6:30 <i>Pilates mat (Kirsten)</i> | | 6 pm - 7 <i>Pilates Reformer (Jen)</i> | 6 pm - 7 <i>Pilates Reformer (Mollie)</i> | | |
| 6:30 pm - 7:30 <i>Pilates Reformer (Mollie)</i> | 6:00 pm- 7 <i>Pilates Reformer (Mollie)</i> | 7 pm – 8 <i>Pilates Reformer (Jen)</i> | | | |

Description of classes:

Pilates Reformer classes are held on our *Allegro Reformer / Tower units* and entail a variety of core / total body strengthening and flexibility moves – performance levels can be mixed since exercises can be tailored to each individual

Our Beginner's Reformer class is 45 minutes in length and ideal for those with conditions requiring exercise modifications or for those interested in a less challenging and slower paced class

Pilates mat classes are one hour in length and include traditional and non-traditional Pilates core strengthening and mobility moves – theraballs, foam rollers, rings and therabands are utilized.

Please note that we will be closed on Labor Day, Sept 6th

***Due to limited availability, you must sign up in advance for all classes. A 24hr cancellation policy is enforced for our Reformer classes.**

***NOTE:** The Saturday 7:30 a.m. class is held at the *Cheshire Dance Centre* at 328 Industrial Rd. and entails ~30 minutes of aerobics and ~ 45 minutes of core and extremity strengthening