

***FALL/WINTER PILATES CLASS SCHEDULE***  
***(10 week session: Nov 12 – Jan 21)***

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>
	12:30-1:15 <i>Beginner's Reformer (Mollie)</i>		11:30 - 12:15 <i>Beginner's Reformer (Mollie)</i>	12 pm - 1 <i>Pilates Reformer (Kirsten)</i>	
	6 pm – 7 <i>Pilates Reformer (Mollie)</i>		6 pm - 7 <i>Pilates Reformer (Mollie)</i>		
6:30 pm - 7:30 <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.

**\*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