

# PILATES



## CLASS SCHEDULE

### MONDAY

#### **PILATES FOR ACTIVE AGING**

2:00PM - Starts Jan 8th

#### **POWER PILATES**

6:00PM - Starts Jan 8th

### TUESDAY

#### **PILATES FOR LUNCH**

1:00PM - Starts Jan 9th

### WEDNESDAY

#### **NO CLASSES**

### THURSDAY

#### **PILATES FOR LUNCH**

1:00PM

#### **REFORMER 101**

6:00PM

### FRIDAY

#### **NO CLASSES**

### SATURDAY

#### **WORKSHOPS AND EVENTS**

(Please check the Club's website or newsletter for more information)

### SUNDAY

#### **CARDIO REFORMER**

12:00PM

#### **REFORMER 101**

1:00PM

All classes are 55 minutes. Register online or through the App. Additional fees apply. We strongly encourage members to take advantage of our complimentary introductory sessions before taking their first group class.

Registration opens a week in advance and closes 24 hours prior to class start, accounts will be charged for late cancellations and no-shows. Please contact Helen Bates-Green [hbatesgreen@sacng.com](mailto:hbatesgreen@sacng.com) with any questions!

#### **CLASS DESCRIPTIONS**



# PILATES



## CLASS DESCRIPTIONS

### **CARDIO REFORMER**

Ready to add a cardio twist to your Pilates practice? Looking for some Pilates flavored cardio? This is the class for you! A mix of low impact cardio and challenging strength work, this class is designed for those who are already highly experienced on the Reformer and are interested in getting a little sweaty.

### **PILATES FOR ACTIVE AGING**

Let's face it, getting older isn't easy! This class is designed to meet the needs of an aging body while keeping you feeling young at heart. If you're concerned about maintaining bone density, preventing falls, or managing joint pain, this is the class for you.

### **PILATES FOR LUNCH**

What's for lunch today? Join us and find out! This is an all-levels class that mixes in a little bit of everything – a Pilates Buffet, if you will. With Pilates for Lunch on the menu you'll never get bored of your lunch-time routine.

### **POWER PILATES**

So you've been taking Reformer 101 for a while and now you want to try something new? Join us for Power Pilates! With more challenging variations and a faster pace, this class is designed for someone who is already comfortable on the Reformer and looking for a challenge!

### **REFORMER 101**

All that equipment in the Pilates Studio can look intimidating, but it really isn't, we swear! Our Reformer 101 Class will introduce you to the most popular piece of Pilates equipment, the Reformer. Join us for a fun and challenging class tailored to the Pilates curious – no experience necessary!