

### Fitness Screening / Pilates Principles

This initial session has two parts: Screening and Introduction to Pilates Principles. Screening is used to identify potential 'red flags' and aid the instructor in assessing a client's movement abilities and limitations. In the second half of this session, the principles of Pilates are introduced and movements are performed on the Pilates Reformer to enhance the client's understanding of these principles, which are the essence of the Pilates Method. Clients are taught how to safely adjust and set up the Pilates Reformer for their body size.

### Reformer Intro

Foundations is a beginning level apparatus-based group class performed on the Pilates Reformer. Participants will be guided through the Pilates Reformer work with attention paid to deepening the client's experiential understanding of the principles taught during the Fitness Screening. Clients will also be able to review proper set up and adjustment of the Pilates Reformer. Once clients have demonstrated proficiency with the repertoire covered they may progress to the Group Reformer series of classes.

### Essential Reformer

For clientele that may have limitations due to injury or back pain, Reformer I is not the best place to start. That is why we created the Spine-Healthy! Low Back Class! Spine-Healthy! is a group reformer class performed on the Pilates Reformer. This class is geared toward those clients who have a history of low back pain or pathology. This class is often used following a course of rehabilitation, as an adjunct to the rehabilitation plan, or as a great way to maintain and continue to progress the improvements gained through rehabilitation. Classes are focused on increasing core strength and spine stability, flexibility, & body awareness. These gains often equate to an improved overall efficiency and an improved distribution of forces through the spine and extremities. This class is taught by practitioners certified in Pilates Rehabilitation, and having backgrounds in exercise science, athletic training, and physical therapy.

### Intermediate Reformer – Level I

Reformer I is an apparatus-based group class performed on the Pilates Reformer. Participants will be guided through a Reformer workout focused on increasing core strength, improving flexibility of the spine & extremities, and toning the body. Attention is paid to increasing the overall efficiency of movement, and deepening the client's understanding of the principles taught in Foundations.

### Advanced Reformer – Level II

Reformer II is an intermediate class for those clients demonstrating proficiency within the Reformer I class that desire an increase challenge. The Reformer II class builds on movements performed in Reformer I by manipulating biomechanical principles and challenging the client's strength, stability, and flexibility. Demonstration of proper movement organization, safe execution, and proficiency in Reformer I must be demonstrated prior to taking Reformer II.

### Super Advanced Reformer – Level III

Reformer III is a progression of the Reformer II class, where strength, stability, and flexibility continue to be challenged. In this class clients are exposed to movements in the advanced repertoire. Demonstration of proper movement organization, safe execution, and proficiency in Reformer II must be demonstrated prior to taking Reformer III.

### Mat Foundations – 'Mat to Basics'

This class is great for everyone... those who are completely new to Pilates, or the long time student who wants a refresher on basic principles. The exercises taught in this class assist the participant in understanding these principles and isolating them in their own bodies.

### Group Mat – Level I

This class builds on the foundations class. It introduces a wider variety of movements in the Pilates repertoire and continues to promote understanding and execution of the Pilates principles.

### Group Mat – Level II

Mat II continues to build on the movements in Mat I by progressively challenging the client's strength, stability, and flexibility through manipulation of biomechanical principles. Demonstration of proper movement organization, safe execution, and proficiency in Mat I must be demonstrated prior to taking Mat II.

### Group Mat with Props

This class integrates the Pilates mat repertoire with small props – foam roll, Magic Circle, Thera-band. Props are used to provide a proprioceptive and/or strength challenge. This class possesses a level of challenge similar to that of Mat II. As such, demonstration of proper movement organization, safe execution, and proficiency in Mat I must be demonstrated prior to taking Mat with props.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 
2 9am Mat W/Props Nancy  6pm Intermediate Reformer - Dane	3	4 12pm Mat W/Props Nancy  5pm Essential Reformer Nancy  6pm Intermediate Reformer Nancy	5 8am Mat To Basics Dane  10am Advanced Reformer Dane	6	7 9am Intermediate Reformer Nancy  12pm Reformer Intro. Dane	8 
9  6pm Intermediate Reformer - Dane	10	11  5pm Essential Reformer Nancy	12 8am Mat To Basics Dane  10am Advanced Reformer Dane	13	14 9am Intermediate Reformer Nancy  12pm Reformer Intro. Dane	15 
16 9am Mat W/Props Nancy  6pm Intermediate Reformer - Dane	17	18 12pm Mat W/Props Nancy  5pm Essential Reformer Nancy  6pm Intermediate Reformer Nancy	19 8am Mat To Basics Dane  10am Advanced Reformer Dane	20	21 9am Intermediate Reformer Nancy  12pm Reformer Intro. Dane	22 
23/30 9am Mat W/Props Nancy  6pm Intermediate Reformer - Dane	24/31	25 12pm Mat W/Props Nancy  5pm Essential Reformer Nancy 6pm Intermediate Reformer Nancy	26 8am Mat To Basics Dane  10am Advanced Reformer Dane	27	28 9am Intermediate Reformer Nancy  12pm Reformer Intro. Dane	29 