



# Pilates Studio Specialty Classes

"Change Happens Through Movement and Movement Heals". — Joseph Pilates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	Pilates 2 Deborah		Pilates 2 Deborah			
7:30am	Pilates 1 Leslee	Pilates 2 Victoria		Pilates Fit Keely	Pilates 2 Matina	
8am						Pilates Fit Rotation
8:30am	Pilates 2 Leslee	Pilates 1 Victoria	Pilates Fit Leslee	Senior Pilates Victoria	Pilates 1 Matina	
9:00am						Pilates 2 Rotation
9:30am	Pilates Fit Leslee	Pilates 2 Julia	Pilates 1 Leslee	Pilates 1 Cristin	Pilates Intro (30min) Matina	Fall Oct-Dec 10.1.23
10:30am	Pilates 1 Kimberly			Pilates Fit Julia		
11am					Pilates 1 Victoria	
12pm	Pilates 2 Cristin	Pilates 2 John	Pilates 1 John	Pilates 2 Kimberly	Pilates 2 Victoria	
4:30pm		Pilates Fit Leslee	Pilates 2 John	Pilates 2 Matina		
5:30pm	Pilates 1 Olivia	Pilates Intro (30min) Olivia	Pilates 2 Olivia			

Pilates Studio Director: John Wade

You must be a Premier Plus or Premier member to sign-up for Specialty classes.

**Premier Plus is \$155 per month** for unlimited Specialty classes.

**Premier is \$120 per month**

for 2 reservations per week for Specialty classes.

Specialty classes include: Pilates Studio classes, InfraBody 4 Studio classes, HIIT Studio classes and Functional Fitness classes.

## Class Descriptions *All classes are 45-50 minutes.*

**Intro-** At SWAC we believe that Pilates is for every BODY. We uphold Joseph Pilates vision. SWAC Pilates Intro class is the perfect way to experience Pilates and our studio! Enjoy a 30 minute, full-body session with one of our talented instructors-each of whom hold a national Pilates certification. This session is a great intro to our equipment, the studio, the workout, and our amazing staff. One class only to those new to our Pilates program.

**Pilates 1-** This class offers a variety of exercises that are slower paced and focus on form and alignment. If one has any limitations or injuries this class is the perfect level to attend as there is no standing on the reformer. The use of the tower allows one to focus on the importance of a strong core while utilizing the springs. If you are new to the Pilates method of training, you are encouraged to stay with this class for at least 8 sessions to familiarize yourself with the language and modality of training.

**Pilates 2-** This class offers a higher level of competency and intensity of the exercises including standing on the reformer. The exercises are also of a higher resistance of springs challenging the body. The Tower and other small equipment are utilized for variety and functionality. If one has balance or height issues, then this class is not recommended.

**Senior Pilates-** This class is designed for the active aging client that has limitations or injuries that they can work around. The exercises are slowly paced and focus on breath and lengthening. There is no standing on the reformer. There is a lighter spring load that is joint friendly. Each student can work at their own pace with the guidance of a certified trainer.

**Pilates Fit-** This class is faster paced and may utilize the jump board and other small equipment. It is not recommended for anyone with knee issues. The exercises may have bouts of cardio to challenge the body utilizing handheld weights. This is a higher intensity class for the seasoned Pilates enthusiast.

**Must be a Premier Plus or Premier member. Sign-ups are required . If you are unable to attend, please cancel online at least 1 hr prior to class time. If you fail to cancel, you may be subject to restrictions on future reservations or a non-cancellation fee. If you are not in class 5 minutes after class start, your spot will open to those on the waiting list.**