



Pilates Studio

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------|--|------------------------------|-----------------------------------|-----------------------------|---------------------------------|
| 6am | Pilates 2 <i>Deborah</i> | | Pilates 2 <i>Deborah</i> | | Pilates 2 <i>Deborah</i> | |
| 7:30am | | Pilates 2 <i>Victoria</i> | | Pilates Fit <i>Keely</i> | | |
| 8am | | | | | | Pilates Fit <i>Rotation</i> |
| 8:30am | Pilates 2 <i>Leslee</i> | Pilates 1 <i>Victoria</i> | Pilates Fit <i>Leslee</i> | Senior Pilates <i>Victoria</i> | Pilates 1 <i>Molly</i> | |
| 9:15am | | | | | | Pilates 2 <i>Rotation</i> |
| 9:45am | Pilates Fit <i>Leslee</i> | | Pilates 2 <i>Leslee</i> | | | |
| 11am | | | | | Pilates 1 <i>Molly</i> | Summer 2022 July-Sept 7.1.22 |
| 12pm | Pilates 2 <i>Molly</i> | Pilates 2 <i>Molly</i> | Pilates 2 <i>Molly</i> | Pilates 2 <i>Molly</i> | Pilates 2 <i>Molly</i> | |
| 4:15pm | | | | Pilates 2 <i>Molly</i> | | |
| 4:30pm | Pilates Fit <i>Cat</i> | Pilates Fit <i>Molly</i> | | | | |
| 5:30pm | Pilates 1 <i>Cat</i> | Intro (30 min) <i>Molly</i> (New to Pilates- 1 class only) | Pilates 2 <i>Keely</i> | | | |

You must be a Premier Plus or Premier member to sign-up for Pilates classes.
Premier Plus is \$149 per month for unlimited Specialty classes.
Premier is \$115 per month for 2 reservations per week for Specialty classes.
 Specialty classes include: Pilates Studio classes, Centered Infrared Yoga Studio classes, HIIT Studio classes and Functional Fitness classes.

Class Descriptions

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- Ideal for beginners who want a safe and effective class experience to build a solid Pilates foundation. Focus on form and alignment to help you master Pilates fundamentals, so you can get the most out of your workout as you advance. This class is ideal for all fitness levels, is easily modified for those with physical limitations, and focuses on overall body awareness.

Pilates 2- This class focuses on more challenging and advanced exercises that require completion of Pilates Level 1 (at least 5-10 sessions). You will experience a flowing class of contemporary Pilates utilizing both the reformer and tower for a stronger, leaner Pilates body, for maximum results. The exercises focus on core control, precision, and flowing movements, that leave you feeling energized and complete.

Senior Pilates- This class is geared towards the senior Pilates student that may have previous injuries or is looking for a slower, more gentle approach to training their body. You will leave feeling lengthened and relaxed for your day, with a sense of balance and mobility. The exercises in this class are designed to allow you to feel them in your body, improving awareness, alignment, and posture.

Pilates Fit- This class is for the Pilates student who is looking for a more invigorating workout that focuses on core strength, flexibility, and balance. Included are bouts of cardio utilizing the jump board. This class is the perfect mix of calorie burning cardio, Pilates strength training and more. Get maximized results with a blend of interval training, traditional fitness, and contemporary functional Pilates. We suggest you have had at least 10 sessions of Pilates Level 1 prior.

Must be a Premier Plus or Premier member. Sign-ups are required and can be made online at myclubonline.com 8 days prior to class time. If you are unable to attend, please cancel online at least 2 hrs. 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.