

PILATES REFORMER GROUP SCHEDULE

Schedule Effective: **September 5, 2017**



LEVEL • 301.229.0080 • 7687 MACARTHUR BLVD., CABIN JOHN, MD

M	T	W	TH	F	S	SU
INT/ADV PILATES REFORMER 8:15 – 9:00AM Jocie	MIXED LEVEL PILATES 6:00 – 6:45AM Jocie	INT./ADV. PILATES 9:30-10:30 AM <i>Gurjeet</i>	MIXED LEVEL PILATES 6:00 – 6:45AM Jocie		ADV. PILATES 10:00-11:00AM Melissa	REFORMER FIT 10:00-11:00AM Eden
MIXED LEVEL PILATES 10:45 – 11:30AM Jocie	MIXED LEVEL PILATES 6:45 – 7:30AM Jocie		MIXED LEVEL PILATES 6:45 – 7:30AM Jocie			REFORMER FIT 11:00AM-12:00PM Eden
MIXED LEVEL PILATES 9:30 - 10:15AM Carolyn	INT. PILATES 10:00-11:00AM Magda		MIXED LEVEL PILATES 8:00 – 8:45AM Jocie			

CLASS DESCRIPTION KEY:

Beginner Level – This class teaches fluid movement using the Pilates equipment emphasizing the six principles of Pilates – centering, control, concentration, precision, breath and flow. Foundations Class is recommended for those new to Pilates or with any injuries or issues. The class is designed to provide a whole body workout while teaching the concepts of alignment and length. It is considered Level's beginner class.

Mixed Level – This class will meet you where you are at. Whether you are looking to deepen your Pilates concepts or pursue a specific fitness goal, this class will help you progress. Modifications and variations of the exercises will be offered so that everyone can work at their own level. Strength, length and alignment are the focus of this class!

Pilates Express – Limited offering, 6 weeks only. Drop-ins are allowed. Classes are offered at a reduced rate of \$25 per class. There is a specific set of exercises performed in this class. Only students without major injuries can participate. Must be two students registered for class 24 hours prior for class to run.

Reformer Fit – A fast-paced workout on the Reformer that combines attention to detail with pace and fun! Tone, stretch and strengthen as you improve your overall fitness level and coordination! In this multi-level class, Reformer work is combined with other equipment to tone those hard to reach “problem areas” in ways only Pilates can!

Intermediate/Advanced Equipment – This class is a progression that adds pace and complexity to the Pilates repertoire. This includes weight bearing in the extremities, lessened spring support, and emphasis on breath and flow. This is a fast-paced class that emphasizes the control and strength required in the advanced Pilates repertoire.

Advanced/Intermediate Reformer Pilates – This class is for students who are currently taking privates and can complete level 3 in a 50 minute class. This class moves quickly and works on level 4/5 material. Students focus on technique, flow and breath as well as refinements to alignment and over facility. Student safety is the main concern and therefore Instructor permission is required.

▲ All Pilates Reformer and Chair classes are an **EXTRA FEE**. LEVEL Members receive 10% discount on class costs.