

# CORE Pilates & Yoga

www.corepilatesandyoga.com

## Small Group Training Schedule: May - June 2015

Day	Time	Class	Instructor
Monday	5:30 – 6:30 AM	Pilates Challenge	Michelle
Monday	7:00 – 8:00 AM	Reformer Fusion	Michelle
	12:00 – 1:00 PM	Reformer Fusion	Lara
Tuesday	4:30 – 5:30 PM	Pilates Equipment	Betty Jo
	5:45 – 6:45 PM	Pilates Equipment	Betty Jo
	7:00 – 8 :00 PM	Reformer Fusion	Betty Jo
Wednesday	9:15 – 10:15 AM	Pilates HiiT	Lara
	6:15 – 7:30 PM	Core Yoga Flow	Cathy
Thursday	5:45 – 6:45 PM	Pilates HiiT	Beth
Friday	9:15 – 10:15 AM	ZenLates™ Barre	Lara
	4:30 – 5:30 PM	Pilates Equipment	Betty Jo
Saturday	8:00 – 9:00 AM	Reformer Fusion	Beth / Lara
	9:15 – 10:30 AM	Saturday AM MASH-UP!	Beth / Lara

### CLASS DESCRIPTIONS

Each **Pilates Equipment** class will offer the standard structure of:

- ✓ Breathe Awareness
- ✓ Core Activation Warm-Up
- ✓ Upper and Lower Body Conditioning
- ✓ Balance & Flexibility
- ✓ plus combine one or more methods of Pilates Apparatus- Reformer, Tower, Chair, Jump Board, and Mat Work.
- **Pilates Challenge** – A progressive workout with fat-blasting cardio moves, total body conditioning, specific to those trouble spots — hips, thighs, butt, biceps, triceps. As you advance from week to week, you'll use the reformer, tower, chair and other apparatus and progress in difficulty.
- **Pilates HiiT** – HiiT is a HOT new fitness trend involving short bursts of intense exercise movements followed by active recovery. This class combines HiiT movements that are cardio and/or strength based with active recovery reformer movements a sure way to rev up your metabolism and “hiit “ your body with a one-two punch..
- **Reformer Fusion** - Challenge core strength and stability with classic Reformer mixed with any of the following apparatus; Pilates Chair; Ballet Barre; Pilates Arc; Fitness BOSU or the Physio-Ball. This workout will push your fitness edge to new levels with dynamic varying movements that keep your body guessing.

**Please note that any Pilates Equipment class with more than 5 attendees may switch to a circuit style format at the instructor's discretion. Pilates Equipment Small Group Trainings require instructor approval prior to attendance.**

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Mat-based Training Classes are open to all levels with not prior approval requirements.

- **Core Yoga Flow** – Linking movements with breath - stimulate and rejuvenate your body and mind with the fusion of Yoga and Pilates movements to cultivate strength, flexibility, balance, focus and endurance. This is an energetic practice that tones the entire body as well as focuses the mind.
- **Saturday Morning MASH-UP!** – With MASH-UP! You will get to continually change up your fitness routine to keep your body on its’ “toes” eliciting change and muscle confusion. Class content will blend - **Barre, Mat Work Fusion and Yoga!**
- **ZenLates™ Barre -** A fantastic workout for the hips, thighs & booty!! Begin with energy moves and progress to Vertical Pilates Based Lower Body Toning and weight work to define the arms. Core and back strengthening moves round out the experience which culminates with focused work. Experience the best of Pilates, Yoga and Dance Fitness to strengthen and lengthen your muscles!



### Pricing Information

#### EQUIPMENT BASED GROUP TRAINING

Single Drop-In = \$28      \*Package of 8 = \$184      Core Flex = \$22.50/session

#### MAT BASED TRAINING

Single Drop-In = \$17      \*Package of 8 = \$108      Core Flex = \$13.00/session

**Core Flex Small Group Training** – Pay \$200 onto your Core House Account and simply deduct the reduced session amount as you attend. No expiration and complete flexibility in scheduling.

#### PRIVATE TRAINING

**Intro To Core = \$99** (2 private training sessions exclusively for first time clients!!)

Intro to Core Duet = \$129      Intro to Core Trio = \$168

The Intro to Core is the best place to start with our signature Posture Analysis, Goal Setting and Reformer Movement Training.

Single Private = \$65      \*Package of 8 = \$480      Core Flex Single Private = \$59  
Single Session Duet = \$80      Core Flex Duet = \$70      Single Session Trio = \$105      Core Flex Trio = \$93

**Core Flex Private Training** – Pay \$550 onto your Core House Account and enjoy the luxury of scheduling privates, duets, trios or any group class. No Expiration. Renew as funds deplete.

***\*All 8 session packages expire after 90 days.***