
















CLASS SCHEDULE

Effective October 1st , 2007

	M	T	W	TH	F	SAT
7:00am						
8:00am						
9:00am						
10:00am						
11:00am						
6:00pm						

Schedule is subject to change without notice.
For the most current class schedule, visit www.pilatesfusioncenter.com.

GROUP CLASSES



Pilates Class, based on the exercises performed in a traditional mat floor-work class, will use a variety of methods to deepen your understanding of the "Pilates Principles." This will include the use of a variety of apparatus such as the magic circle, foam rollers, exercise bands, etc. to make the class fun and challenging. The primary objectives of this class are to balance your physical strength and flexibility, and to increase core muscular endurance with optimal skeletal alignment.



Tower Class incorporates the use of the PILATES Tower apparatus to emphasize the importance of muscular control and balanced joint flexibility. Exercises are performed with precision and concentration using a combination of springs, bars and straps to create additional resistance and/or assistance through the traditional exercise repertoire. Benefits include better posture and increased body awareness.



Stretch Class is a sequenced progression designed to tone the entire body bringing about better flexibility, balance and coordination, as well as a clearer more focused mind. Instruction will be provided through a wide range of stretches that will move every joint on your body. As we work our way through the sequence you will learn to use these techniques most effectively for your individual body type in order to reduce excessive muscular tension patterns and promote more efficient and less damaging physical biomechanics.



Gentle Yoga class format involves the integration of yoga poses with breathing. This gently paced class will move fluidly from one posture to the next in rhythm with your breath. "The breath creates and fuels the movement – just as the movement shapes and changes the breath." (quoted by Erich Schiffmann)



Strong Bones format is based on current research regarding optimal exercise methodology to prevent the progression of skeletal bone degeneration. This class consists of a balance between weight-bearing and strength-training exercises to target the areas of the body where fractures are most likely to occur. **YOU MUST WEAR ATHLETIC SHOES TO THIS CLASS TO AVOID INJURY.**



CARDIOLATES is an energetic workout combining all the cardiovascular and health benefits of rebounding with the core strengthening and alignment benefits of PILATES. Because rebounding combines the forces of acceleration, deceleration and gravity, every cell of the body is stimulated and strengthened. We will alternate high-energy plyometric drills with moderate intensity recovery periods and PILATES mat exercises during this 50-minute interval training class. **YOU MUST WEAR ATHLETIC SHOES TO THIS CLASS TO AVOID INJURY.**

PRIVATE CLASSES ARE BY APPOINTMENT

A one-on-one lesson utilizing all of the PILATES machines as well as incorporating mat work into the session. Private classes are perfect for those students who wish to have 100% of an instructor's attention. Private classes are also recommended for students with special physical needs or limitations.

It is highly recommended for all new students to take at least one private class whether you are brand new to PILATES or have previous experience because it will help us to evaluate your personal needs and abilities and direct you to the classes that best support your individual fitness goals.

DUET OR TRIO CLASSES ARE BY APPOINTMENT

Two or three students sharing one teacher, utilizing all of the PILATES machines as well as incorporating mat work into the session. Duet or Trio classes are perfect for two or three individuals with similar fitness levels. (When making Duet or Trio appointments, you must book with your partner(s).)