

The Marsh Pilates Schedule

December 2011

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--------|--|---|--|---|--------|---|
| 6:00 a.m. | | | \$7:30-8:00am Quick TRX/Pilates Fusion | | \$ Group Reformer Intermediate Pilates Studio | | |
| 8:00 a.m. | | | | (8:15-8:45) 30 Minute Pilates Abs East Studio | | | |
| 9:00 a.m. | | | | | | | \$ Group Reformer Intermediate Pilates Studio |
| 10:00 a.m. | | | | | | | \$ Group Reformer Advanced Pilates Studio |
| 10:30 a.m. | | | \$ Pilates Mat Beginning West Studio | | \$ Pilates Mat Intermediate West Studio | | |
| 11:15 a.m. | | | | Yogilates East Studio | | | |
| 12:00 p.m. | | \$ Group Reformer Beginning Pilates Studio | \$ Group Reformer Intermediate Pilates Studio | | \$ Group Reformer Int/Adv Pilates Studio | | |
| 1:00 p.m. | | | | \$ Group Reformer Beginning Pilates Studio | | | |
| 3:00 p.m. | | \$Pilates Barre Class | | | | | |
| 5:00 p.m. | | | \$ Group Reformer Beginning Pilates Studio | | \$ Group Reformer Intermediate Pilates Studio | | |
| 6:00 p.m. | | | | | Yogilates East Studio | | |
| 6:45 p.m. | | \$ Pilates Mat/TRX All Levels West Studio | | NEW | | | |

Class Registration:

- *Sign up for Group Reformer classes by calling the Pilates Group Hotline (952) 930-8597 ext.4444
- *Sign up for Mat or Barre Class series at the Front Desk, or by calling (952) 935-2202.
- *All participants must reserve their appointment in advance (except Yogilates and Open Door)
- *To ensure personal instruction, there is a maximum of 4 participants per Group Reformer class.
- *The Marsh's 24 hour cancellation policy applies to all cancellations.

Pilates Class Pricing:

- Group Reformer Classes: \$25 per class for Members
\$35 per class for Non-Members
- Mat Classes: \$95 per 8-week series for Members (3 times/week)
\$150 per 8-week series for Non-Members (3 times/week)
- Foam Roller Class \$30 per 4-week series for Members (1 time/week)
\$45 per 4-week series for Non-Members (1 time/week)
- Yogilates: Complimentary to Members
\$15 per class for Non-Members
- 30 Minute Pilates Abs: Complimentary to Members
\$7.50 per class for Non-Members

Pilates Group Hotline: 952-930-8597 ext. 4444

Class Descriptions:

Pilates Mat

Mat Pilates is the essence of all Pilates work. An 8-week series of “mat” or floor exercises conducted in a group setting is located in our **West Studio**. In this class, you will learn to work from your center to promote balance, efficiency and ease of movement. You will learn a progressive series of abdominal and back exercises combined with controlled breathing. The classes are non-competitive and closely monitored for precise balancing of your strength and muscle control. **Advanced registration required** at the front desk or (952)-935-2202.

Group Reformer Class

The Reformer is a piece of Pilates equipment which uses adjustable spring resistance, straps and platforms where you lie, sit, kneel or stand, allowing you to work from your core. Pilates exercises consist of a sequence of slow, rhythmic movements, emphasizing body control and breathing. As you develop body awareness and torso strength, increased coordination and control occurs. These Pilates classes will leave you feeling refreshed and energized. Experience is required for all classes with the exception of "Beginning Level". **Advanced registration required** by calling the Pilates Group Hotline.

Yogilates

A great class for people of all levels to learn proper form and essential exercises from both Pilates and Hatha Yoga. Yogilates classes start with awareness and release of unnecessary tension, then teach you to connect deep breathing with your center. Alignment is always focused on for safety and effectiveness, as is core strength to create better control and grace of movement. The goal is centered strength and development of coordination, flexibility, balance, and mental focus. Yogilates welcomes all levels and classes are located in the **East Studio**. Classes are complimentary to Marsh Members. **NO advanced registration required.**

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