

# Studio II

## August 2010

updated: 07/26/10

	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:50am			Reformer Abra		Reformer Abra		
8-8:50am		Fundamental Mat Jason		Fundamental Mat Jason			
9-9:50am		Mat Jason		Mat Jason		Mat/Reformer Katie (8/7) Jandy (8/14,21,28)	
10-10:50am	Mat Shoshanna	Prenatal Fitness Christine (\$)	JumpFit Janice (\$) starts 8/11	MVe Fitness Chair Rachel (\$)			
11:15-11:25		Stretch Anya					
11-11:50am	Pilates/Belly Dance Fusion Shoshanna (\$) starts 8/23						
3:30-4:20 pm			Small Group Conditioning Jamie (\$)				
4:30-5:20pm		Power Mat Katie (Yoga Studio)					
4:30-5:20pm	Mat/Reformer Larissa	Chair Challenge Larissa (\$) starts 8/10	Reformer Plus Larissa	Reformer Larissa			
5:30-6:20pm	Simple Reformer Larissa	Mat/Reformer Larissa	Reformer Larissa	Pilates Boot Camp Larissa (\$) starts 8/26			

### Class Descriptions

*All Pilates classes are included in your membership.*

**Fundamental Mat** - Pilates Basics for core strength and stability.

**Mat** - Pilates floor work using bands, Pilates circles, foam rollers and a variety of exercises to strengthen total body, especially your core.

**Power Mat** - A fast moving and challenging class.

**Mat/Reformer** - A combination of Pilates Mat and Reformer that offers a fun full body workout to improve flexibility, strength and balance.

**Simple Reformer** - The place to start if you have never been on a Reformer before.

**Reformer** - Pilates using the Reformer for resistance and support, as you strengthen and shape your body.

**Reformer Plus** - Pilates using a fun variety of equipment.

### Small Group Personal Training

**MVe Chair** - Combine grace and strength for a full-body workout on a chair. (Can you believe it!)

**Pilates/Belly Dance** - Six week session that combines the basics of Pilates with the excitement of Belly Dance for a fun dance workout.

**Chair Challenge**: 6 week session to challenge your core on the chair.

**JumpFit**: 6 week session of Jumpboard. Add some cardio to your reformer workout.

**Pilates Boot Camp** - Six week session designed for weight loss using Reformer, Chair and Mat exercises.