

Central | Pilates Schedule

Monday			
Class		Time	Instructor
Basic Reformer \$	MB	6:30-7:30pm	Mary
Tuesday			
Class		Time	Instructor
Basic / Intermediate Mat	1	9:15-10:10am	Karyn
Basic Reformer \$	MB	10:30-11:30am	Karyn
Basic / Intermediate Reformer \$	MB	12:30-1:30pm	Mary/Ali
Barre Fitness	1	4:30-5:25pm	Nicole
Intermediate Reformer \$	MB	5:30-6:30pm	Ali
Barre Fitness	1	6:30-7:25pm	Rotate
Wednesday			
Class		Time	Instructor
Basic / Intermediate Mat	1	9:15-10:10am	Karyn
Basic / Intermediate Mat	1	6:30-7:25pm	Ali
Thursday			
Class		Time	Instructor
Tower / Mat \$	MB	7:00-8:00am	Mary
Basic / Intermediate Reformer \$	MB	12:30-1:30pm	Karyn
Barre Fitness	1	4:30-5:25pm	Nicole
Friday			
Class		Time	Instructor
Basic / Intermediate Reformer \$	MB	11:15-12:15pm	Karyn
Barre Fitness	1	12:30-1:25pm	Nicole
Saturday			
Class		Time	Instructor
Reformer / Jumpboard \$	MB	8:00-9:00am	Mary
Basic / Intermediate Mat	1	9:00-9:55am	Mary / Ali
Barre Fitness	1	10:15-11:10am	Mary / Nicole

Key 1 Group Studio 1 C Wellness Classroom
 MB Mind Body Studio \$ Fee-based class

PLEASE NOTE

In order to make the most efficient use of our space, we may discontinue large group classes if there are under ten participants for four consecutive weeks. Small group classes may be discontinued if there are less than three participants. This policy may be excluded during holidays and special occasions. Thank you for your understanding!

Reformer / Jumpboard

Take your Pilates workout to a whole new cardiovascular level! The jumpboard is a broad board that is used instead of the footbar to allow the student to jump, with control, during an energized and flowing workout. Utilizing the jumpboard adds more advanced awareness of proper alignment from the feet all the way through the hips. While working at a faster pace, it's an intense conditioning addition to those wanting to improve balance and deep core strength with leg and hip stability; not to mention ankle and knee strength too. Skiers, dancers, runners, cyclists or anyone wanting to strengthen their pelvic alignment and legs will love this challenging workout!

Tower / Mat Progressions

Combine the mat work with Cadillac exercises on the tower unit. This class is a great way to get a continuous moving workout and gain a wonderful balance of stretch and strength, with control. A fun and challenging workout for beginner/intermediate levels. Limit 5, please sign up at the front desk.

Basic Reformer

Designed for those new to the Pilates reformer. This small group format class will teach the classical introductory reformer workout. Learn the Pilates movement system; gain flexibility and control and strengthen your core. Sign up required; limited to 4 students.

Intermediate Reformer

In this small group class the classical intermediate reformer work will expand on the beginning repertoire; adding more exercises and requiring more focus, stamina and coordination. Previous knowledge of the beginner workout is suggested. Sign up required; limited to 4 students.

Mat Classes

Mat classes are included on the Group Exercise schedule and are for beginner through intermediate clients - mat classes include: Mat with Props, Basic-Intermediate Mat and Intermediate Mat.

Barre Fitness

Barre Fitness utilizes small, isometric movements to quickly and effectively change the shape of your body. The classes are based on the popular barre technique that has evolved from the Lotte Berk Method, Callanetics, yoga, and Pilates. The ballet barre is used for support and stability while muscles are pushed to exhaustion using light weights and other equipment - followed by a series of stretches. No two classes are ever the same, so you will be challenged every time.

Booty Barre

This unique style of barre is an energetic, fun workout that fuses fitness techniques from dance, Pilates, and yoga. It will tone and define the whole body. No dance experience necessary. This method brings cardio, flexibility, core and strength training into one results based class. Class size is limited and a pass is required to participate.

**Instructor approval is required for any small group Pilates class. In order to ensure safety and class standards are met, anyone interested in signing-up, even if you have taken classes and/ or private instruction elsewhere, please set-up an introductory session to get oriented to our studio, evaluate placement, and determine if further instruction is necessary before registering for small group classes.*



MIRAMONT
LIFESTYLE FITNESS

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