

EQUILIBRIUM FITNESS

The Center of Pilates and Movement

Group Class Schedule

Effective Date: Monday, January 10, 2011

DAY	TIME	CLASS / Descriptions on Back	TRAINER
MONDAY	8:30am-9:30am	Core Stability Workout	Phyllis D.
	9:30am-11:00am	Hatha Yoga ~ Level 1/2	Gaylynne L.
	5:30pm-6:30pm	BOSU & Stability Ball Workout	Maura R.
	6:30pm-8:00pm	Hatha Yoga ~ Level 1/2	Juanita R.
TUESDAY	8:30am-9:30am	Pilates Spring Board	Amy K.
	12:00pm-1:00pm	Lunch Time Pilates Workout	Amy K.
	6:00pm-7:00pm	Restorative Yoga ~ All Levels	Juanita R.
	7:00pm-8:00pm	Classical Pilates Mat ~ Beginning/Intermediate	Richard H.
WEDNESDAY	8:30am-9:30am	Pilates Spring Board	Phyllis D.
	5:00pm-6:00pm	BOSU & Stability Ball Workout	Maura R.
	6:00pm-7:00pm	Classical Pilates Mat ~ Intermediate/Advanced	Richard H.
	7:00pm-8:00pm	ZUMBA - Cardio Dance	Alejandra C.
THURSDAY	9:30am-11:00pm	Hatha Yoga ~ Level 1/2	Juanita R.
	12:00pm-1:00pm	Lunch Time Pilates Workout	Amy K.
	7:00pm-8:00pm	Classical Pilates Mat ~ Beginning/Intermediate	Richard H.
FRIDAY	8:00am-9:00am	Pilates Spring Board	Maura R.
SATURDAY	9:00am-10:00am	Classical Pilates Mat	Richard H.
	10:30am-11:30am	Pilates Spring Board	Christine
SUNDAY	3:00pm-4:00pm	Prenatal Yoga	Juanita R.

GROUP CLASSES: Single Class \$15 / 5 Classes \$60 / 10 Classes \$110 / 20 Classes \$200 / Senior & Student 10 classes \$95

PILATES SPRING BOARD CLASS: Single Class: \$25 / 5 Classes \$100

CLASS DESCRIPTIONS

BOSU AND STABILITY BALL WORKOUT: An energizing Pilates-based workout incorporating core training, agility, balance, stabilization and dynamic motion utilizing the BOSU. Includes 15-20 minutes of low-impact cardio. Shoes optional (no black soles allowed on wood floor).

CLASSICAL PILATES MAT: (Beginning/Intermediate and Intermediate/Advanced) Exercises and movements are performed on a mat, focused on core conditioning: the strengthening and stabilization of the abdominal, spine and pelvis. Clients will increase strength, flexibility, improve alignment, balance, coordination, and muscle tone. The Classical Pilates Mat classes are suitable for any level, and may utilize small props to bring additional challenge to your workout.

CORE STABILITY WORKOUT: Core stability is the term used to describe how the muscles of your trunk help keep your spine and body stable. If your core muscles are strong and they activate at the correct times, then your posture can be improved, your movements are more efficient and you are less likely to get injured. These fun but challenging exercises focus on your abdominals, lower back, legs and feet, developing balance and stability while increasing flexibility, mobility, and cardio vascular strength. Exercises include intelligent isometrics, range of motion and progressive core training, and use of the BOSU Balance Trainer.

HATHA YOGA: Uses postures (asanas) and stretches in combination with the breath to develop strength, flexibility and relaxation, encouraging proper alignment of the body, balance, stamina, concentration, and calmness to the practitioner.

LUNCH TIME PILATES: Exercises and movement focused on core conditioning. Clients will increase strength, flexibility, improve alignment, balance, coordination and muscle tone with the addition of props and accessories to add challenge and stability training to your workout.

PRENATAL YOGA: A safe and gentle class for women to attend throughout their pregnancy. Women will learn specific yoga poses, breathing exercises, and relaxation techniques designed to relieve the physical and emotional discomforts that occur during pregnancy, and to prepare them, body, mind, and spirit, to give birth. Prenatal Yoga will benefit you through all stages of your pregnancy.

RESTORATIVE YOGA: A practice of restorative yoga poses using the support of bolsters and blankets, allowing the body to feel at ease and release. This class is for students who want to move at a slower pace and move inwards to promote healing. It is recommended for students with injuries, stress, fatigue or for anyone who really wants or needs to relax, becoming more flexible in the body and mind, without effort.

ZUMBA: (Beginning - Advanced) A fusion of Latin, International music and dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Shoes optional (no black soles allowed on wood floor).

GROUP EQUIPMENT CLASS

PILATES SPRING BOARD: This class flows through a challenging, full-body spring-resistance workout encompassing mat, standing, and seated work. For safety purposes, we require a familiarity with Pilates. If you have no prior Pilates experience, consider completing a 3 Private Intro Series prior to attending your first class. Class requires pre-registration as it is limited to 5 participants. Please call (909) 593-1717 to reserve your space. 24-hr cancellation policy applies. *Walk-ins welcome provided space is available.*

⚙️ Please arrive on time for the start of class.

⚙️ Prior to the start of class, please inform your instructor if you are a new student, and if you have any injuries or other physical challenges that they should be aware of. Your instructor will provide you with the appropriate exercise modifications/variations, or class recommendations. Please arrive on time.

⚙️ Please do not wear perfumes or scented oils to class as they intensify with heat and many are allergic.

⚙️ Please turn cellphones off or on vibrate so as not to interrupt the teacher, the flow of class or other participants.