

141 W Main Street
 Clinton, CT 06413
 860-669-9456

Clinton Schedule Effective January 30th 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 9:00 a.m.	Classic Mat w/ Props (All Levels) Paula			Group Reformer (All Levels) Paula	Classic Trio (All Levels) Paula	Group Reformer (All Levels) Paula	
8:15 – 9:15 a.m.							Group Reformer (All Levels) Dana
9:15 – 10:15 a.m.		Group Reformer w/ Jump board (Intermediate) Kristine	Group Reformer (All Levels) Dana	Classic Trio w/ Jump board (Intermediate) Kristine	Cardio Pilates Fusion (All Levels) Dana	Classic Trio (All Levels) Kristine	
10:30 – 11:30 a.m.		Classic Trio (All Levels) Kristine					
1:00 – 2:00 p.m.			Classic Mat w/ Props *Class for a Cause* (All Levels) Dana				
4:30 – 5:30 p.m.			Classic Trio (All Levels) Paula				
6:00 – 7:00 p.m.	Group Reformer (All Levels) Paula			Classic Trio (All Levels) Dana/Jenn			

Classic Mat w/ Props – The true essence of all Pilates work. Improve core strength, posture, balance, flexibility and form. Students use their own body weight, power circles, resistance bands, foam rollers and weights into the traditional flow of mat work for added resistance and challenge.

Group Reformer All Levels – See results FAST. Learn the basics of the reformer: The set up for your body, equipment, springs, box, foot bar, straps and personal modifications.

Group Reformer w/ Jump board – This class creatively integrates reformer and mat work with the jump board attachment to elevate the heart rate while experiencing the flow of movement on the reformer. Perfect for those students who want to experience the benefit of Pilates on the reformer and cardio fat burning in one class.

Classic Trio – The perfect blend of Reformer, Mat and Cadillac work systematically integrated into a well-rounded, challenging workout.

Classic Trio w/ Jump board –The ultimate Pilates workout. Students use the Reformer, Tower, Mat, Jump boards and various props in this most comprehensive, inspired class. This class will take you to the next level!

Cardio Pilates Fusion – An innovative blend of standing Pilates, low-impact cardio & mat work. Students use bands, power circles and light hand weights to elevate the heart rate and tone the upper body. Improve lower body stability, balance, core strength & burn serious calories!