

210 Main Street  
 Old Saybrook, CT 06475  
 860-388-9926

Old Saybrook Schedule Effective January 30<sup>th</sup> 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 9:00 a.m.		Classic Mat w/ Props (All Levels) Dana		Cardio Pilates Fusion (All Levels) Dana			
9:00 – 10:00 a.m.						Classic Trio (All Levels) Lisa	
9:15 – 10:15 a.m.	Group Reformer (All Levels) Lisa	Group Reformer w/ Jump board (Intermediate) Dana	Classic Trio (All Levels) Lisa	Classic Trio w/ Jump board (Intermediate) Dana	Classic Mat w/ Props (All Levels) Kristine		
10:30 – 11:30 a.m.	Classic Mat w/ Props (All Levels) Lisa		Group Reformer (All Levels) Kristine		Group Reformer w/ Jump board (Intermediate) Kristine		
12:00 – 1:00 p.m.				Classic Mat w/ Props **Class for a Cause** (All Levels) Dana			
4:30 – 5:30 p.m.		Classic Trio (All Levels) Jenn					
6:00 – 7:00 p.m.	Classic Trio w/ Jump board (Intermediate) Dana			Classic Mat w/ Props (All Levels) Paula			

**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!