



CLASS DESCRIPTIONS

TRANSFORMATION PILATES [4 Points]

This is an innovative approach to the original Pilates method. The belief of Transformation Pilates is that it provides the client with intensive, continuous resistance in order to improve posture, balance, efficiency of movement and overall health. Clients must complete one Private/Semi-Private Pilates session before enrolling in this class. Appropriate for any fitness level..

TRANSFORMATION PILATES LEVEL TWO [4 Points]

This class incorporates the principles of Pilates as well as fundamental strength/functional training concepts to provide clients with a fun, dynamic and challenging class. The goal is to challenge core strength, stability, and balance.

BOOTCAMP [6 Points]

Are you ready to take your work-out to the next level? If so, this class is for you! Bootcamp is an advanced class that incorporated Level II Transformation Pilates, Functional Training, and SPINNING® into one dynamic and energetic class. This class will promote muscular strength, endurance, core stability and when done regularly, will help promote weight loss and increased muscle tone. Must wear tennis shoes! Heart Rate Monitor Highly Recommended!

INTERVAL TRAINING [6 Points]

Interval Training is simply mixing bursts of high intensity and low intensity exercises. This class is fun and energetic and will help you avoid any boredom in your exercise routine. Interval training is a great way to boost caloric expenditure and improve your aerobic capacity. Must wear tennis shoes. Heart rate monitor highly recommended.

TRX® [6 Points] | TRX® EXPRESS [30 min 3 Points]

TRX® Suspension Training® harnesses your own bodyweight to create resistance as you train. TRX Suspension Training allows you to instantly adjust not only the level of difficulty for each exercise, but you can easily customize any workout on the fly. Suspension Training builds core strength with every exercise by creating an element of instability that calls on your core to provide balance and coordination. Unlike traditional weight training that tends to be linear and follow one plane of movement, Suspension Training encourages multiplanar training, which integrates all your motions and mimics real life movement. This will bring a muscular balance to your body, increasing performance and preventing injuries.

TOTAL BODY CONDITIONING [6 Points]

This class incorporates Pilates apparatus, such as Step Barrels, Wall Units, Magic Circles, Gliding Discs and Mat work in order to build core strength and lean muscles. The class also incorporates functional training, cardiovascular exercise, and total body weight training, while upholding our Pilates principles, for an intense total body work-out. This class is great for individuals who want to increase tone in muscles and accelerate weight loss. Appropriate for any fitness level.

SPINNING® [6 Points]

SPINNING® is a mind-body, heart rate specific, cardiovascular fitness training program. It is a sport specific, non-competitive, individually paced, group training system designed to promote total health; a balance of mind, body and inspirational well-being. This is a great class for individuals wanting to add a fun and energetic cardiovascular component to his/her work-out program. This class will promote strength and endurance and when done regularly, will help

promote weight loss. **Must bring tennis shoes or cycling shoes! Heart Rate Monitor Required!**

SPINNING® and STRENGTH [6 Points]

This is a specialized class that combines SPINNING® with a dynamic strength component to challenge the body aerobically and anaerobically. This class is great for individuals wanting to improve cardiovascular fitness, lose weight, and define muscles. Must wear tennis shoes or cycling shoes! *Heart Rate Monitor Highly Recommended!*

SPINNING® and STRETCH [6 Points]

This class is great for individuals new to SPINNING®. You'll start with 30 minutes of cycling through different terrain to challenge the body cardiovascularly, and you'll finish with a relaxing 30 minute stretch. Must wear tennis shoes or cycling shoes! Heart Rate Monitor Highly Recommended!

ARMS AND ABSSESSION [2 Points]