



Class Schedule and Descriptions

Effective May 1, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	<i>STOTT PILATES® Essential Mat</i>		<i>STOTT PILATES® Essential Mat</i>		
8:00					Yoga or Pilates
9:00					Adv Studio Cycle
6:00	Studio Cycle		Studio Cycle		

STOTT PILATES® Essential Mat: A contemporary, anatomically-based approach to Joseph Pilates' original method, incorporate the latest in spinal rehabilitation and performance enhancement., safely delivering optimal strength, flexibility and endurance, without adding bulk. This stress-relieving method will be performed on a mat and uses Flex-Band exercisers and Fitness circles (45 minutes – SPECIALTY CLASS) Starting in May, all Pilates classes will be incorporating the STOTT method.

Studio Cycle: Enjoy this riding journey on the LeMond Revmaster encountering loops, peaks and valleys. Improves aerobic capacity and develops cycling specific strength all without impact or force. Studio Cycle (45 minutes) Advanced Studio Cycle (60 minutes)

Yoga – Increase flexibility, strength and improve breath flow - powerful traits which can prevent or improve back pain. Experience an increased consciousness of mind-body awareness, ultimately leading to an amazing calmness to the mind, thereby reducing stress and easing tight muscles and spinal compression. Classes use the **Anusara** format, or flow motion, incorporating standing balance poses, deep stretching and focused breathing, and the **Ashtanga** format, or restorative style, which includes a combination of deep stretches and soothing poses held for longer periods of time, leaving you feeling rested, energized and refreshed. (60 minutes)