



Effective July 2, 2009

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00 am Beach Body Pilates (open class)	8:00 am Reformer/Tower (8 week session)	8:00 am Mat/Tower (8 week session)	
					8:15 am Intermediate Mat (open class)
8:30 am Beginner Mat (open class)	8:30 am Chairs & Barrels (open class)		8:30 am Beg./Int. Mat (open class)	8:30 am Chairs & Barrels (open class)	
		9:00 am Reformer/Tower (8 week session)	9:00 am Reformer/Tower (8 week session)	9:00 am Reformer/Tower (8 week session)	9:00 am CHATHAM Mat (open class)
	9:30 am Beach Body Pilates (open class)				9:30 am Reformer/Tower (8 week session)
10:00 am Basic Reformer (8 week session)		10:00 am Mat/Barre (open class)		10:00 am Magic Circle Mat (open class)	

*3rd Sat. each Month
10:45 am
Instructor Workout
(Observers Welcome!)*

4:30 pm Reformer/Tower (8 week session)			4:30 pm Mat/Tower (8 week session)
		5:00 pm Mat/Tower (8 week session)	
			5:15 pm CHATHAM Mat (open class)
5:30 pm Reformer/Tower (8 week session)		5:30 pm Beginner. Mat (open class)	
6:00 pm Beg./Int. Mat (open class)		6:00 pm Reformer/Tower (8 week session)	
6:30 pm Reformer/Tower (8 week session)	6:30 pm Reformer for Guys (8 week session)		

Joe's Place-True Pilates

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Be sure to read the other side
of this schedule
for class descriptions
and pricing information!

Class Descriptions

Open Mat Classes

No previous registration required. Class time is approximately 50 minutes. Class maximum is 10.
Single Class \$15 / Ten classes for \$120 (with registration*)

Beginner

For Beginner clients, or for Intermediate/Advanced clients who wish to review the basics. Workout follows the classical Pilates mat order. Arm weights, magic circle and triad balls may be included. Previous Pilates experience is not required.

Beg./Int.

Workout follows the classical intermediate Pilates mat order, adding in some of the intermediate exercises based on the level of the attendees. Arm weights, magic circle and triad balls may be included. Previous Pilates experience is recommended, but not necessary.

Intermediate

Workout follows the classical intermediate Pilates mat order. Arm weights, magic circle and triad balls may be included. Previous Pilates experience is highly recommended.

Mat/Barre

A combination of Beginner/Intermediate Pilates Matwork with Classical Ballet Barre exercises. A fabulous fusion that will enhance your core strength, balance, alignment, grace and presence. Some Pilates experience recommended. No ballet experience needed.

Magic Circle

A Beginner to Intermediate level Pilates mat class incorporating the Magic Circle to assist in engaging the Powerhouse, and increase the intensity of your matwork.

Chairs & Barrels

This class introduces exercises available on the Wunda Chair and the small barrels. The chair and barrel class is an intense but stimulating workout that requires core strength, muscle control and determination. Sessions may also include matwork, and use of arm weights, magic circle and triad balls.

Beach Body Pilates

Enlist the magic of the Pilates principles to get your body beach ready! Class begins with standing exercises including warm-up, arm weights, and barre work. We then move to Pilates matwork for your back and abs, and end with the magic circle and the foam roller to complete the ultimate core-strengthening and body-sculpting workout!

**** CHATHAM MAT

Beginner/Intermediate Pilates mat classes are offered in Chatham at Studio 878 (located at 878 Main Street in Chatham) on Tuesdays and Thursdays at 5:15 pm and on Saturdays at 8:00 am. Clients are welcome to take classes at either location, or both locations!

Reformer / Tower

Class focuses on teaching the classical exercises for the Pilates Reformer. Exercises on the Tower (an adaptation of the Cadillac) are incorporated in some classes, and the Wunda Chair may also be used to enhance learning and provide a broader scope of understanding of the full Pilates system. Classes are not leveled, but rather, participants are matched as closely as possible based on their training levels to provide for the most positive learning experience. *Reformer/Tower class participants are required to participate in a minimum of 5 private Pilates sessions prior to enrolling in group classes in order to assess their level and provide them with any individual modifications they may need, as well as properly place them into a group training session.
Eight-Week Session \$200* / Single Drop-In (as available) \$30

Mat / Tower

Mat / Tower Classes use a specialized piece of equipment called a "tower unit," or "half-trap." This unit is adapted from the apparatus on the Cadillac (or trapeze table). In addition to traditional matwork, spring resistance is used in a variety of exercises to stretch and strengthen the entire body. The tower workout requires a higher degree of control and provides a greater range of motion and deeper flexibility than can be achieved with the mat work alone. *Previous Pilates experience is required.
Eight-Week Session \$140* / Single Drop-In (as available) \$20

Pilates for Guys

Yes, just for you guys! Come on in and let us show you what this Pilates stuff is all about in a workout designed to challenge and inspire, as well as improve your athletic and leisure pursuits!
Eight-Week Session - \$200* / Single Drop-In (as available) \$30

*There is a one-time studio registration fee of \$35.