



Effective July 26, 2010

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00 am Chairs & Barrels (open class)	8:00 am TRX Suspension (open class)	8:00 am Mat/Tower (8 week session)	
					8:15 am Intermediate Mat (open class)
8:30 am Beg./Int. Mat (open class)	8:30 am Reformer/Tower (8 week session)				
				9:00 am TRX Suspension (open class)	
9:00 am Reformer/Tower (8 week session)	9:00 am Beg./Int. Mat (open class)		9:00 am Reformer/Tower (8 week session)	9:00 am Reformer/Tower (8 week session)	
					9:30 am Reformer/Tower (8 week session)
10:00 am Reformer/Tower (8 week session)	10:30 am Reformer/Tower (8 week session)			10:00 am Beg./Int. Mat (open class)	

	4:30 pm Beg./Int. Mat (open class)		4:30 pm Mat/Tower (8 week session)
		5:00 pm Mat/Tower (8 week session)	
5:30 pm TRX Suspension (open class)			
		6:00 pm Reformer/Tower (8 week session)	
6:30 pm Reformer/Tower (8 week session)			

Schedule & Fees subject to change without notice. Please call to confirm class offerings and pricing.

Joe's Place True Pilates

305 Hokum Rock Road
East Dennis, MA
508-385-8882

JoesPlaceTruePilates.com

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, but on-line sign-up is highly recommended as class size is limited. Class time is approximately 50 minutes. **Single Class \$15 / Ten classes for \$120 (with registration*)**

Beg./Int.

Workout follows the classical beginner Pilates mat order, adding in intermediate exercises based on the level of the attendees. Arm weights, triad balls, and magic circles may be included. Previous Pilates experience is recommended, but not necessary. **Maximum class size is 8.**

Intermediate

Workout follows the classical intermediate Pilates mat order. Arm weights, triad balls, and magic circles may be included. Previous Pilates experience is highly recommended. **Maximum class size is 8.**

Chairs & Barrels

This class introduces exercises available on the Wunda Chair and the Spine Corrector/Small Barrel. The chair and barrel class is a stimulating workout that requires Powerhouse strength, muscle control and determination. Sessions may also include matwork, and use of arm weights, magic circles and foam rollers. **Maximum class size is 6.**

TRX Suspension Training System

- A fabulous complement to your Pilates practice, or to any strength training program! Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. The TRX Suspension Trainer leverages gravity and the user's body weight to enable hundreds of exercises. TRX exercises allow for the use of multiple planes of motion and work multiple muscles and joints simultaneously. The TRX forces you to use coordinated muscle effort, used to complete most everyday activities. Plus the TRX is fun and different and we promise you won't be bored! **Maximum class size is 6. **Please bring CLEAN sneakers for class - no street shoes.**

Apparatus Classes

Pre-registration is required. Classes are offered in 8-week sessions. Class time is approximately 50 minutes. See pricing below.

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. Approval of instructor/owner is required for admittance into Mat/Tower classes.

Eight-Week Session \$140* / Single Drop-In (as available) \$20

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