



Effective December 14, 2009

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00 am Mat/Barre (open class)		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)				
		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 CARVE (open class)	
	9:30 am CARVE! (open class)				9:30 am Reformer/Tower (8 week session)
10:00 am Reformer/Tower (8 week session)			10:00 am Beg./Int. Mat (open class)	10:00 am Magic Circle Mat (open class)	

4:30 pm Reformer/Tower (8 week session)	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 Reformer/Tower (8 week session)			
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 PILATES for MEN! (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!

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

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 and magic circles 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 and magic circles may be included. Previous Pilates experience is recommended, but not necessary.

Intermediate

Workout follows the classical intermediate Pilates mat order. Arm weights and magic circles 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 Powerhouse 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 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. This class is offered as part of our Open Mat Class Schedule and payment plan.

CARVE!

This fabulous complement to Pilates training is a sweat-producing, body-sculpting fusion of elements from ballet, Pilates and weight training designed to help you lose fat, build endurance and carve muscle! This 55-minute class is an intense, complete body workout that will shape your bottom, trim your thighs, sculpt abs, chisel your arms, and slice off the fat - in record-breaking time! Fast, effective and safe - you'll see changes in as few as ten classes! Set to muscle-moving music, standing weights, exercises at the ballet barre, and powerful floor work come together to produce results -- and stretching exercises infused throughout the strength sections help create lean, lengthened muscles. No bouncing or jumping, but lots of heart pumping! This class is offered as part of our Open Mat Class Schedule and payment plan.

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

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