



Effective June 20, 2011

Dennis Studio Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00 am Chairs & Barrels (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)		8:30 am Pilates TRX (open class)		
		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)	9:30 am Pilates Playhouse (open class)				
			10:00 am Pilates Sculpt (open class)	10:00 am BeyondBARRE (open class)	10:00 am Reformer/Tower (8 week session)
	10:30 am Total Body Pilates (8 week session)				

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

Joe's Place True Pilates

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Harwich, MA
508-432-4336

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

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

Class Descriptions

Open Classes Open classes require online, e-mail or voicemail sign-up in advance (by 8:00 pm the previous evening). Classes without a minimum attendance of four may be cancelled at the studio's discretion. Class cancellations will be posted online and registered clients will be emailed notice of any cancellations by 9:00 pm the previous evening. Class times are approximately 50 minutes. **Single Class \$17 / Ten classes for \$135 (with registration*)**

Beg./Int. Mat 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 Mat 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.**

Pilates Playhouse Enjoy a little playtime with your Pilates matwork! The classical order may be mixed with the use of arm weights, triad balls, magic circles, foam rollers bands or other "toys." Or you may just find yourself working on the Wunda chair, reformer or tower! It's always a surprise!! **Maximum class size is 8.**

Pilates Sculpt A sculpting class that will raise your heart rate, tone your core muscles and increase your flexibility, mobility and balance. Interval training, progresses to Pilates mat work, and concludes with stretching exercises, sometimes incorporating yoga poses. This class will vary regularly incorporating the use of the TRX® Suspension Trainer, foam roller, theraband, triad balls, and more! **Maximum class size is 7.**

Pilates TRX Our unique hybrid class using the TRX system. A fabulous complement to your Pilates practice, or to any strength training program! 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. We promise you won't be bored! **Maximum class size is 7. **Please bring CLEAN sneakers for class - no street shoes.**

BeyondBARRE BeyondBarre is the unique body transforming ballet barre workout with incredible results! It combines body sculpting, fat-burning cardio glide board, ballet barre sculpting and lengthening, toning weights, and waist-narrowing ab work -- a true cardio ballet barre program! Lift, lengthen, tone and strengthen! This is NOT your little girl's ballet class!! **Maximum class size is 8.**

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. **Maximum class size is 5 / Eight-Week Session \$200* / Single Drop-In (as available) \$30**

Mat / Tower Mat / Tower Classes use a specialized piece of apparatus called a "tower," or "half-trapeze." 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 mat experience is required. Approval of instructor/owner is required. **Maximum class size is 8 / Eight-Week Session \$150* / Single Drop-In \$22**

Chairs & Barrels This class introduces exercises available on the Wunda Chair and the Spine Corrector/Small Barrel. The chairs and barrel class is an intermediate workout that requires Powerhouse strength, muscle control and strength. Sessions may also include matwork, and use of arm weights, magic circles and foam rollers. *Previous Pilates experience is required, as well as approval of instructor. **Maximum class size is 6.**

Total Body Pilates Class includes work on the Reformer/Tower, chairs/barrels, and mat, and may include use of arm weights, magic circles, triad balls, foam rollers and more! **Maximum class size is 5.**

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