



RANCHO VALENCIA  
resort & spa

# Pilates Studio Schedule

## January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>Reformer Pilates 2/3</u> 7:00-7:50 CARMEL	<u>Reformer Pilates 2/3</u> 7:00-7:50 CARMEL	<u>Reformer Pilates 2/3</u> 7:00-7:50 NIKKI	<u>Cadillac/ Mat Pilates 2</u> 7:00-7:50 CARMEL	<u>Reformer Pilates 2/3</u> 7:00-7:50 CARMEL	
	<u>Reformer Pilates 2/3</u> 8:00-9:00 DANIELLE D.	<u>Reformer Pilates 2</u> 8:00-9:00 JENNY	<u>Reformer Pilates 2/3</u> 8:00-9:00 NIKKI	<u>Cadillac/ Mat Pilates 2</u> 8:00-9:00 NIKKI	<u>Reformer Pilates 2/3</u> 8:00-9:00 DANIELLE D.	<u>Reformer Pilates 2/3</u> 8:00-9:00 NIKKI
<u>Mat Pilates 2/3</u> 9:00-10:00 JENNY	<u>Reformer Pilates 2</u> 9:00-10:00 DANIELLE D.	<u>Reformer Pilates 2/3</u> 9:00-10:00 JENNY	<u>Reformer Pilates 2</u> 9:00-10:00 NIKKI	<u>Cadillac/ Mat Pilates 2</u> 9:00-10:00 NIKKI	<u>Chair Pilates 2</u> 9:00-10:00 DANIELLE D.	<u>Pilates Circuit</u> 9:00-10:00 NIKKI
<u>Mat Pilates 2/3</u> 10:15-11:15 JENNY	<u>Pilates Circuit 2</u> 10:15-11:15 DANIELLE D.	<u>Pilates Circuit 2</u> 10:15-11:15 JENNY	<u>Pilates Jump Board</u> 10:15-11:15 MELODIE	<u>Reformer Pilates 2</u> 10:15-11:15 NIKKI	<u>Cadillac/Mat Pilates 2</u> 10:15-11:15 DANIELLE D.	<u>Cadillac/ Mat Pilates 2</u> 10:15-11:15 NIKKI
	<u>Pilates Jump Board</u> 12:00-1:00 STACIE	<u>Gyrokinesis</u> 11:30-12:30 AMI	<u>Reformer Pilates 2</u> 12:00-1:00 STACIE		<u>Pilates Jump Board</u> 12:00-1:00 STACIE	<u>Cadillac/ Mat Pilates 2</u> 11:30-12:30 NIKKI
	<u>Pilates Circuit 2</u> 1:00-2:00 STACIE	<u>Reformer Pilates 1/2</u> 1:00-2:00 STACIE	<u>Pilates Jump Board</u> 1:00-2:00 MELODIE	<u>Reformer Pilates 2</u> 1:00-2:00 STACIE	<u>Reformer Pilates 1/2</u> 1:00-2:00 STACIE	
	<u>Intro to Reformer Pilates</u> 2:00-3:00 STACIE				<u>Intro to Reformer Pilates</u> 2:00-3:00 STACIE	
		<u>Reformer Pilates 2/3</u> 4:30-5:30 STACIE		<u>Reformer Pilates 2/3</u> 4:30-5:30 STACIE		

## Pilates Class Levels

**Level 1** – is a basic, slower-paced introduction to the Pilates reformer that provides the framework upon which all else will build. Suitable for beginners, first timers or those returning to exercise after some time away.

**Level 2** – is an intermediate class that moves at a steady pace. You will be guided through balanced, focused and ever changing Pilates exercises. Suitable for those with some experience on the Pilates equipment.

**Level 3** – is an challenging class that moves at a brisk pace with less verbal instruction that requires strength and control. Suitable for experienced Pilates students.

## Intro to Pilates 1

You will be introduced to the core principles of Pilates as we explore the different apparatus including the Reformer, Chair and the Cadillac. Maximum of 5 people. No experience necessary.

## Reformer Pilates 2&3

This class uses the Pilates Reformer apparatus. With emphasis is on rhythmic, flowing sets of movements which increase strength, flexibility and stamina while also improving alignment, balance, coordination and tone. The result of the workout is a uniformly developed body with strong back and abdominal muscles. This class is an intermediate level, faster-paced class using tempo variations and increased repetitions with familiar exercises. The focus is on endurance and higher intensity.

## Pilates Chair 2

A 50-minute upbeat tempo class, all done on the revolutionary fitness chair that fuses sculpting, flexibility, and cardio. Pre-requisites for this class: private sessions with instructor approval and/or one month prior Reformer or Mat Pilates.

## Cadillac/ Mat Pilates 2

This class helps with strength training by integrating your trunk, pelvis and shoulder girdle while emphasizing proper breathing. Correct alignment of your spinal cord and pelvis with the incorporation of smooth flowing movement allows you to access each part of your body.

## Reformer Circuit 2/3

A way to explore the expansive range of Pilates equipment and movements is circuit class - an integration of mat, roller, Cadillac, tower and/or chair all in one 50 minute class.

## Pilates Jump Board 2/3

This combo class utilizes the Pilates Chair, Standing Arm Springs and the Reformer Jump board. Jump board simulates running and jumping without the stress on the hips, knees and feet. This class incorporates Pilates Reformer technique with Jump board intervals, increasing the heart rate and strengthens the legs without being aggressive on the joints.

**GYROKINESIS®**- Gyrokinesis is a revolutionary method of exercise that works the entire body through gentle rhythmic movement sequences. Focusing on three-dimensional circular and spiral motions that take place on a stool or mat, Gyrokinesis helps to increase range of motion, decompress the spine, open energetic pathways and create functional strength.