

MONDAY

6:00-6:55am	Mat FREE	Pam	2-3	2
9:00-9:55am	Pilates Basics Reformer	Roya	1-3	Swan
12:00-12:55	Strengthen and Lengthen	Vered	1-3	Swan
1:00-1:55pm	Mat FREE	Vered	1-3	2
2:00-2:55pm	New to Pilates Reformer 1ST MONDAY	Vered	1	Swan

TUESDAY

6:00-6:55am	Reformer for Athletes	Pam	2-3	Swan
8:00-8:55am	Mat FREE	Pam	1-3	2
9:30-10:25	Advanced Reformer	Roya	2-3	Swan

WEDNESDAY

9:00-9:55am	Advanced Reformer	Roya	2-3	Swan
11:00-11:55am	Reformer	Vered	2	Swan
5:30-6:25pm	Evening Reformer	Roya	2-3	Swan

THURSDAY

6:00-6:55am	Reformer for Athletes	Pam	3	Swan
9:30-10:25am	Reformer	April	2-3	Swan
12:00-12:55pm	Pilates Basics Reformer	Vered	1	Swan

FRIDAY

6:00-6:55am	Mat FREE	Pam	1-3	2
7:00-7:55am	Reformer	Pam	2-3	Swan
9:00-9:55am	Advanced Reformer Flow	April	3	Swan

SATURDAY

8:00-8:55am	Mat FREE	Team	1-3	2
9:00-9:55am	Reformer	Team	1-3	Swan

SUNDAY

8:00-8:55am	Reformer	Ann	1-3	Swan
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1 Beginner 2 Intermediate 3 Advanced 1-3 All Levels

Pilates

Registration
required

Max 6
participants

EFFECTIVE 9/1/2020

EQUIPMENT-BASED PRICING

55-Minute Sessions

Single: \$30 Member / \$35 Guest

8-Pack: \$200 Member / \$240 Guest

CLASSES EXPIRE ONE YEAR AFTER PURCHASE
8-PACKS EXPIRE 6 MONTHS AFTER PURCHASE
24-HOUR CANCELLATION POLICY APPLIES

REGISTER

Greenwood App / 303.770.2582 x274

ClubGreenwood.com/Pilates

or scan QR code below.



SCAN FOR INFO

Pilates Classes

LEVELS

1 Beginner Foundation exercises emphasizing support and guidance are taught using building blocks and modifications when necessary to build the framework for more advanced classes.

2 Intermediate These classes build upon beginner exercises and incorporate more exercises within the hour with a focus on flow, greater range of motion and transitions.

3 Advanced A stamina building class structured upon a longer list of intermediate to advanced exercises within the hour with a focus on flow, greater range of motion, less support, transitions, props and in some cases order.

1-3 All Levels

Classes run weekly and you must sign up for each class. A minimum of 3-5 private lessons are required before entering a class.

Programs run as a series where sign up is required once and the same group progresses together.

Advanced Reformer

This class focuses on flow and is taught following the classical progression at a quick pace.

Mat

The mat work includes numerous exercises of varying difficulty and progression that are designed to stretch, strengthen and improve body alignment. Mat with Props is taught using power circles, balls, Thera bands, etc.

Mat Express

A 45-minute mat class taught with transitions and flow.

MVe Chair

MVe stands for MOVE! The chair is used to challenge balance and strengthen the entire body. The Pilates Chair is smaller and extremely versatile. Joseph Pilates' goal was that every home in America would have a Pilates Chair in the living. This class has evolved from its wooden counterpart providing a challenging and energizing workout.

High Intensity Pilates

High intensity workouts are safer with an understanding of how your body moves. We aim to bring you the heart-pounding, fat-burning cardio you love mixed with precise work on the reformer and chair.

Pilates Basics Reformer

Did you just finish your intro pack? This class is suitable for beginners, those with restricted movements and those recovering from injuries. You'll also learn the basic restorative reformer exercises and how to operate the reformer, preparing you to take more advanced Pilates classes.

Reformer

The most widely known and versatile apparatus. Its unique combination of springs, pulleys, straps and sliding carriage make it an incredibly valuable and useful piece of equipment to strengthen the powerhouse (core) and increase flexibility.

Reformer Cardio

Get that high intensity interval training you love-on a reformer! In this class, you will alternate the Pilates Jumpboard with traditional Pilates exercises. All levels welcome. Come prepared to sweat!

Reformer for Athletes

This class is designed to duplicate and expand upon motions you do while out on the trail, on the bike, in the water or simply put, while in your element. Focus is on strength, awareness, balance and uniform development of the body preventing lopsidedness.

Run/Cycle

This class is seasonal. Take some time to prepare your body for those long rides and runs. Focus will be on stretching out the quads, hamstrings and adductors. Additional focus on core strength, and possible jumping to work on your footwork.

Run/Stretch

This class begins with a running warm up outside (daylight and weather permitting) otherwise on the indoor track followed by running drills, sprints, and intervals. The second part of class is done on the Pilates equipment using the reformer or tower for core activation and STRETCH!

Strengthen and Lengthen

Mix up your routine by adding 30 minutes of classical Pilates with 30 minutes of circuit based Pilates. Be ready to challenge your core, stability, stamina and strength in this hour long class

Total Body Reformer Jump

This high energy, low-impact class on the reformer targets your challenging area, gets your heart rate up and is a lot of fun! Enjoy an aerobic workout that won't stress the joints.