



Summer Holiday 2010 Pilates Schedule

SweatShop Health Club

**167 Snelling Avenue North
651-646-8418**

www.sweatshopfitness.com

**Effective Dates:
Aug 30 – Sept 12,**

Pilates Mat, Reformer, and Equipment Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
7:15 am			Reformer Challenge <i>Rose</i>		Pilates Circuit <i>Rose</i>	8:00 am	Exp Mat <i>Tresa</i>	
8:15 am		Tower of Power <i>Tresa</i>	Power Mat <i>Rose/Margaret</i>	Ess Reformer <i>Debra</i>		9:00 am	Ess Reformer <i>Margaret/Kelli P.</i>	
9:15 am	Exp Reformer <i>Kelly</i>				Tower of Power <i>Debra</i>	10:00 am	◆◆◆Intro to Reformer <i>(9/11)</i>	
6:00 pm		Exp Mat <i>Debra</i>		Exp Mat <i>Rose</i>		10:30 am	◆◆◆Intro to Pilates Mat & Props <i>(9/11)</i>	
6:00 pm	Exp Reformer <i>Tresa</i>		Ess Reformer <i>AJ</i>					

CLASS DESCRIPTIONS	Exp Mat	<i>Previous mat experience required, intermediate level, some classes use specialized formats. Included in Plus membership.</i>
	Power Mat	<i>Previous mat experience required. This faster paced format provides more cardio benefit. Included in Plus membership.</i>
	Ess Reformer	<i>Previous reformer experience required, beginning level.</i>
	Exp Reformer	<i>Previous reformer experience required, intermediate level</i>
	Pilates Circuit	<i>An experienced reformer class utilizing the Chair, Arc Barrel and BOSU in a circuit format, previous experience required.</i>
	Tower of Power	<i>Class utilizing the "tower" end of the reformer, focus is on strengthening arms and legs. Previous reformer experience required, intermediate level</i>
	Reformer Challenge	<i>Previous experience required, intermediate level introducing some advanced and more athletic conditioning repertoire.</i>
	*Beginning Mat	<i>4-week progressive program covering principles of Pilates and essential level exercises. Pre-registration required. Included in Plus membership. See website for details.</i>
	**Reformer Quick Start	<i>4-week progressive program which meets the first four Tuesdays and Thursdays of every other month covering principles of Pilates and Essential level exercises to prepare people for Reformer classes. Pre-registration required. See website for details.</i>
	◆◆◆Intro to Reformer	<i>Experience STOTT PILATES® on the Reformer equipment and get a taste of why more SweatShoppers are doing Pilates more than anything else. RSVP to reserve your own reformer for this FREE introductory class held on Open House Saturdays See website for details.</i>
◆◆◆Intro to Pilates Mat & Props	<i>This FREE introductory class held on Open House Saturdays is led by a certified STOTT PILATES® trainer who will walk you through the STOTT PILATES® principles and basic Mat exercises and introduce you to Pilates Props! See website for details.</i>	

Club Hours:

*Mon – Thur: 5:45 am - 8:00 pm
Friday: 6:45 am - 5:00 pm
Sat: 6:45 am - 12:00 pm
Sunday: 7:45 am - 12:00 pm*

Child Care Hours:

*Mon – Fri: 8:45 am - 11:00 am
Sat: 9:00 am - 11:00 am
Mon – Wed: 5:45 pm – 7:15 pm*

Holiday Hours:

*Labor Day Weekend:
Sat, Sept 4: 6:45am-12noon
Sun and Mon, Sept 5-6: Closed*

**Watch for our Fall schedule for September 13-October 31, 2010
with new class formats along with your old favorites!**