



Winter 2010 Pilates Schedule

SweatShop Health Club

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

www.sweatshopfitness.com

**Effective Dates:
Feb 22 – April 4, 2010**

Pilates Mat, Reformer, and Equipment Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
7:15 am			Reformer Challenge <i>Rose</i>		JUMP Reformer <i>Rose</i>	8:00 am	Exp Mat <i>Tresa</i>	
8:15 am	Exp Mat <i>Kelly/Colleen</i>		Power Mat <i>Rose/Margaret</i>		***TRX Pilates <i>Tresa</i>	9:00 am	*Beg Mat <i>Tresa</i>	Pilates Intro <i>(3/14, 4/4)</i>
8:15 am		Tower Of Power <i>Tresa</i>		Ess Reformer <i>Debra</i>		9:00 am	Ess Reformer <i>AJ/Margaret</i>	
9:15 am	Exp Reformer <i>Kelly/Colleen</i>		Exp Reformer <i>Margaret</i>		Tower Of Power <i>Debra</i>	10:00 am		Reformer Challenge <i>Rose/AJ</i>
6:00 pm	*Beg Mat <i>AJ</i>	Exp Mat <i>Debra</i>	*Beg Mat <i>Kelli</i>	Exp Mat <i>Rose</i>		11:00 am	Taste Test <i>(3/13, 4/3)</i>	
6:00 pm	Exp Reformer <i>Tresa</i>	**Reformer Quick Start <i>AJ Starts 4/6</i>	Ess Reformer <i>AJ</i>	**Reformer Quick Start <i>Tresa Starts 4/8</i>				

*Beginning Mat is a special program that requires advance registration.

**Reformer Quick Start is a special program that requires advance registration

***See TRX flier for more details and pricing.

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>
	JUMP Reformer	<i>An experienced reformer class utilizing the jump board, 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>6-week progressive program covering principles of Pilates and essential level exercises. Pre-registration required. Included in Plus membership. See Newsletter for details.</i>
	**Reformer Quick Start	<i>4-week progressive program which meets the first four Tuesdays and Thursdays of the month covering principles of Pilates and Essential level exercises to prepare people for Reformer classes. Pre-registration required.</i>
	***TRX Pilates	<i>Pilates mat and reformer exercises adapted on the TRX suspension training system. TRX Basics required. Pilates experience strongly recommended, but not required. See TRX flier for more details and pricing.</i>
	Pilates Intro	<i>FREE introductory class led by a certified STOTT PILATES® trainer who will walk you through the many options of STOTT PILATES® including Mat and Reformer.</i>
Taste Test	<i>Experience STOTT PILATES®, TRX, and Kettlebell all in one 55-minute session!</i>	

Club Hours:

Monday – Thursday: 5:45 am - 8:30 pm
 Friday: 5:45 am - 6:00 pm
 Saturday: 6:45 am - 4:00 pm
 Sunday: 7:45 am - 1:00 pm

Babysitting Hours:

Monday – Friday: 8:45 am - 11:00 am
 Saturday: 9:00 am - 11:00 am
 Monday & Wednesday: 4:45 pm – 7:00 pm
 Tuesday & Thursday: 5:45 pm – 8:00 pm