

# Pilates Class Descriptions

## Pilates Mat

Mat Pilates is the essence of all Pilates work. An 8-week series of “mat” or floor exercises conducted in a group setting is located in our **West Studio**. In this class, you will learn to work from your center to promote balance, efficiency and ease of movement. You will learn a progressive series of abdominal and back exercises combined with controlled breathing. The classes are non-competitive and closely monitored for precise balancing of your strength and muscle control. **Advanced registration required** at the front desk or (952)-935-2202. Classes begin September 2, October 21 and December 22, 2008.

## Group Reformer Class

The Reformer is a piece of Pilates equipment which uses adjustable spring resistance, straps and platforms where you lie, sit, kneel or stand, allowing you to work from your core. Pilates exercises consist of a sequence of slow, rhythmic movements, emphasizing body control and breathing. As you develop body awareness and torso strength, increased coordination and control occurs. These Pilates classes will leave you feeling refreshed and energized. Experience is required. **Advanced registration required** by calling the Pilates Group Hotline.

## Group Reformer 101

Designed to introduce the principles of Pilates while working on the Reformer in a small group setting. Emphasis will be put on finding correct alignment, utilizing the breath to activate your core, learning the basic Reformer exercises and familiarizing yourself with the settings of the Reformer. No experience is required to join this class. **Advanced registration required** by calling the Pilates Group Hotline.

## Jump Board Reformer Class

A small group Pilates Reformer class using the jump board apparatus. The jump board is a padded, vertical platform attached to the foot-end of the Reformer. Users can spring up and down off the jump board while lying on the moving carriage of the Reformer. Cardio workouts on the jump board can also challenge the core, elevate the heart rate and train balance and coordination. Experience is required. **Advanced registration required** by calling the Pilates Group Hotline.

## Men’s Group Reformer Class

From Tiger Woods to the Cleveland Indians to the toughest linebackers in the NFL, professional athletes and Hollywood celebrities are using Pilates to gain strength, increase their range of motion, and build stamina and energy. Now, at the Marsh, men can reap the incredible benefits of Pilates with the Pilates Men’s Group Reformer Class. Build muscle and reduce body fat, improve flexibility and gain core strength. Experience is required. **Advanced registration required** by calling the Pilates Group Hotline.

## Step Barrel / Spine Corrector Group Class

A small group Pilates class featuring the Step Barrel (AKA: Spine Corrector), a small apparatus designed by Joseph Pilates to stretch, strengthen and align the spine. This class incorporates exercises that will challenge your core muscles while relieving stiffness in your back, hips and shoulders. The Step Barrel class is appropriate for intermediate to advanced level Pilates students. However, it is not advised for individuals who have osteoporosis or back issues. Experience is required. **Advanced registration required** by calling the Pilates Group Hotline.

## Yogilates

A great class for people of all levels to learn proper form and essential exercises from both Pilates and Hatha Yoga. Yogilates classes start with awareness and release of unnecessary tension, then teach you to connect deep breathing with your center. Alignment is always focused on for safety and effectiveness, as is core strength to create better control and grace of movement. The goal is centered strength and development of coordination, flexibility, balance, and mental focus. Yogilates welcomes all levels and classes are located in the **East Studio**. Classes are complimentary to Marsh Members. **NO Advanced registration required.**