

# The Marsh Pilates Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am					Group Reformer Intermediate		
7:00 am		Group Reformer Intermediate					
9:00 am							Group Reformer Intermediate
9:30 am		Classical Pilates East Studio		Classical Pilates East Studio		Group Reformer Intermediate	
11:00 am					Group Reformer Intermediate		
11:15 am				Yogilates East Studio			
12:00 pm		Group Reformer Beginner	Group Reformer Intermediate		Group Reformer Intermediate		
1:00 pm		Group Reformer Intermediate	Gyrokinesis East Studio	Group Reformer Intermediate			

- Please register in advance for all Group Reformer classes online or by calling the Pilates Group Hotline: 952.930.8597 Ext. 4.
- The Marsh's 24 Hour Cancellation Policy applies to all cancellations.
- No pre-registration is required for Yogilates, Practical Pilates or Gyrokinesis.

Pilates Class Pricing	Member	Non-Member
Group Reformer	\$24.65	\$29.00
Classical Pilates	Complimentary	\$20.00
Gyrokinesis	Complimentary	\$20.00
Yogilates	Complimentary	\$20.00
Special Series	See Newsletter for Special Offerings & Pricing	

## **Class Descriptions**

### **Classical Pilates**

Practical Pilates is Pilates Mat work or floor exercises conducted in a group setting. 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.

### **Group Reformer**

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. Advance registration required by calling the Pilates Group Hotline.

### **Gyrokinesis**

The Gyrokinesis Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. By the end of a Gyrokinesis session one's entire system is awakened and brought into greater balance.

### **Yogilates**

A great class for participants 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 advance registration required.