


May 2018

DROP-IN SCHEDULE

* ALL CLASSES ARE CO-ED *

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		1	2	3	4	5
		6:00 - 6:45 Pure PSYCLE 9:15 - 10:15 TRX 9:15 - 10:45 Hatha YOGA 9:15 - 10:15 Pilates Apparatus 10:20 - 11:20 Men's Apparatus 5:15 - 6:15 Strength for Life 5:30 - 6:30 Pscyle & TRX 6:30 - 7:30 Booty Barre 7:00 - 8:00 Pilates APP	9:15 - 10:00 Interval FIT 9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates Apparatus 10:15 - 11:15 #STRONG 10:20 - 11:20 Pilates Apparatus 5:00 - 6:00 Pilates Apparatus 5:15 - 6:15 CIRCUIT 6:15 - 7:15 *Pilates Mat (E) 6:30 - 7:30 Ripped Ride	6:00 - 6:45 Pure PSYCLE 9:15 - 10:15 CIRCUIT 10:20 - 11:20 Pilates Apparatus 4:45 - 5:30 Pure PSYCLE 5:15 - 6:15 Booty Barre Sculpt 5:30 - 6:30 Pilates Apparatus 5:45 - 6:45 Flo Rider 6:30 - 7:30 Pilates Apparatus	9:15 - 10:15 Strength for Life 9:15 - 10:00 PURE PSYCLE 9:15 - 10:15 Pilates Apparatus 10:15 - 11:15 #STRONG	8:30 - 9:30 BIKER GANG 9:15 - 10:15 Piloxing Cancelled Today 9:30 - 10:15 Pilates MAT 9:30 - 10:15 lululemon Sweat Collective Complimentary Class 10:00 - 11:00 Circuit
6	7	8	9	10	11	12
8:00 - 9:00 Booty Barre 9:15 - 10:15 Flo Rider	9:15 - 10:15 Ripped Ride 9:15 - 10:15 Booty Barre 9:15 - 10:15 *Pilates MAT (E/I) 10:20 - 11:20 Pilates Apparatus 10:30 - 11:30 Biker Gang 5:15 - 6:15 Piloxing 5:30 - 6:30 *Pilates MAT (I) 6:00 - 7:00 #STRONG 6:30 - 7:30 Men's Apparatus	6:00 - 6:45 Pure PSYCLE 9:15 - 10:15 TRX 9:15 - 10:45 Hatha YOGA 9:15 - 10:15 Pilates Apparatus 10:20 - 11:20 Men's Apparatus 5:15 - 6:15 Strength for Life 5:30 - 6:30 Pscyle & TRX 6:30 - 7:30 Booty Barre 7:00 - 8:00 Pilates APP	9:15 - 10:00 Interval FIT 9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates Apparatus 10:15 - 11:15 #STRONG 10:20 - 11:20 Pilates Apparatus 5:00 - 6:00 Pilates Apparatus 5:15 - 6:15 CIRCUIT 6:15 - 7:15 *Pilates Mat (E) 6:30 - 7:30 Ripped Ride	6:00 - 6:45 Pure PSYCLE 9:15 - 10:15 CIRCUIT 10:20 - 11:20 Pilates Apparatus 4:45 - 5:30 Pure PSYCLE 5:15 - 6:15 Booty Barre Sculpt 5:30 - 6:30 Pilates Apparatus 5:45 - 6:45 Flo Rider 6:30 - 7:30 Pilates Apparatus	9:15 - 10:15 Strength for Life 9:15 - 10:00 PURE PSYCLE 9:15 - 10:15 Pilates Apparatus 10:15 - 11:15 #STRONG	8:30 - 9:30 BIKER GANG 9:15 - 10:15 Piloxing 9:30 - 10:15 Pilates MAT 9:30 - 10:15 Sweat Collective Cancelled Today 10:00 - 11:00 Circuit PCN Women's Fun Run
13	14	15	16	17	18	19
8:00 - 9:00 Booty Barre 9:15 - 10:15 Flo Rider	9:15 - 10:15 Ripped Ride 9:15 - 10:15 Booty Barre 9:15 - 10:15 *Pilates MAT (E/I) 10:20 - 11:20 Pilates Apparatus 10:30 - 11:30 Biker Gang 5:15 - 6:15 Piloxing 5:30 - 6:30 *Pilates MAT (I) 6:00 - 7:00 #STRONG 6:30 - 7:30 Men's Apparatus	6:00 - 6:45 Pure PSYCLE 9:15 - 10:15 TRX 9:15 - 10:45 Hatha YOGA 9:15 - 10:15 Pilates Apparatus 10:20 - 11:20 Men's Apparatus 5:15 - 6:15 Strength for Life 5:30 - 6:30 Pscyle & TRX 6:30 - 7:30 Booty Barre 7:00 - 8:00 Pilates APP	9:15 - 10:00 Interval FIT 9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates Apparatus 10:15 - 11:15 #STRONG 10:20 - 11:20 Pilates Apparatus 5:00 - 6:00 Pilates Apparatus 5:15 - 6:15 CIRCUIT 6:15 - 7:15 *Pilates Mat (E) 6:30 - 7:30 Ripped Ride	6:00 - 6:45 Pure PSYCLE 9:15 - 10:15 CIRCUIT 10:20 - 11:20 Pilates Apparatus 4:45 - 5:30 Pure PSYCLE 5:15 - 6:15 Booty Barre Sculpt 5:30 - 6:30 Pilates Apparatus 5:45 - 6:45 Flo Rider 6:30 - 7:30 Pilates Apparatus 7:00 - 8:00 PM CANDLELIGHT STRETCH & FOAM ROLL	9:15 - 10:15 Strength for Life 9:15 - 10:00 PURE PSYCLE 9:15 - 10:15 Pilates Apparatus 10:15 - 11:15 #STRONG	8:30 - 9:30 BIKER GANG 9:15 - 10:15 Piloxing 9:30 - 10:15 Pilates MAT 9:30 - 10:15 lululemon Sweat Collective Complimentary Class 10:00 - 11:00 Circuit
20	21	22	23	24	25	26
8:00 - 9:00 Booty Barre 9:15 - 10:15 Flo Rider	 VICTORIA DAY CLOSED	6:00 - 6:45 Pure PSYCLE 9:15 - 10:15 TRX 9:15 - 10:45 Hatha YOGA 9:15 - 10:15 Pilates Apparatus 10:20 - 11:20 Men's Apparatus 5:15 - 6:15 Strength for Life 5:30 - 6:30 Pscyle & TRX 6:30 - 7:30 Booty Barre 7:00 - 8:00 Pilates APP	9:15 - 10:00 Interval FIT 9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates Apparatus 10:15 - 11:15 #STRONG 10:20 - 11:20 Pilates Apparatus 5:00 - 6:00 Pilates Apparatus 5:15 - 6:15 CIRCUIT 6:15 - 7:15 *Pilates Mat (E) 6:30 - 7:30 Ripped Ride	6:00 - 6:45 Pure PSYCLE 9:15 - 10:15 CIRCUIT 10:20 - 11:20 Pilates Apparatus 4:45 - 5:30 Pure PSYCLE 5:15 - 6:15 Booty Barre Sculpt 5:30 - 6:30 Pilates Apparatus 5:45 - 6:45 Flo Rider 6:30 - 7:30 Pilates Apparatus	9:15 - 10:15 Strength for Life 9:15 - 10:00 PURE PSYCLE 9:15 - 10:15 Pilates Apparatus 10:15 - 11:15 #STRONG	8:30 - 9:30 BIKER GANG 9:15 - 10:15 Piloxing 9:30 - 10:15 Pilates MAT 9:30 - 10:15 lululemon Sweat Collective Complimentary Class 10:00 - 11:00 Circuit
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E = Essential/Beginner Level
I = Intermediate Level

REGISTERED PILATES CLASSES

DROP IN FITNESS & PILATES CLASSES



BOOM BOOM ROOM (Childminding) HOURS

MORNINGS

Monday - Saturday 9:00 am - Noon

EVENINGS

Monday - Wednesday 5:00 - 8:00 pm

Thursday 4:45 - 8:00 pm

403.341.5911

www.studiopilates.ca



488 McCoy Drive
Red Deer County, AB T4E 0A4

MAT PILATES – Traditional floor exercises involving the five Stott Pilates® principles. Improve spinal mobility, core strength and muscle flexibility with the Mat exercises. You will be incorporating small Pilates equipment such as toning balls, foam rollers, fitness circles, flex-bands, and stability cushions to keep things interesting! A private intro lesson is necessary prior to joining a class. Contact us to book your private lesson. *This class requires registration (8-week session).

APPARATUS PILATES – These classes involve working out on the Pilates Reformer, Cadillac Frame and Stability Chair. This specialized Pilates equipment uses spring tension for resistance. You'll be using your core to stabilize while you move your limbs! Improve shoulder and hip mobility as well as posture and flexibility. A private intro lesson is necessary prior to joining a class. Contact us to book your private lesson. *This class requires registration (8-week session).

BOOTY BARRE™ – An energetic, FUN workout at the ballet barre! The Booty Barre™ workout fuses fitness techniques from Dance, Pilates, and Yoga that will tone and define the whole body (especially the booty!). You don't need any dance experience...or shoes! We love a barefoot workout!! Strength, flexibility, cardio...and rock'n music! To learn more go to www.thebootybarre.com *This is a DROP IN FITNESS class.

BOOTY BARRE™ SCULPT – The same full body workout as the original Booty Barre™ class with the addition of flexbands and cuffs for resistance, and variety. *This is a DROP IN FITNESS class.

PILOXING® – A high energy interval class that mixes standing Pilates, Boxing, and Dance! PILOXING blends the power, speed, and agility of boxing with the stability and flexibility fundamentals of Pilates. A fun energetic workout that includes cardio and muscle sculpting! To learn more go to www.piloxing.com *This is a DROP IN FITNESS class.

STRENGTH FOR LIFE – A movement class for balance, strength, flexibility and mobility. A combination class to boost muscle tone and bone density, mobilize joints and increase flexibility. Improve your balance, trust your body. This strength workout combines core training and muscle defining exercises using pilates principles. Define, Align, and Sculpt your body! We ask that you come in bare feet or 'toesox' to achieve the benefits of barefoot fitness. Tools used in this class include hand weights, stability balls, bosu balance trainers, and resistance tubing. Expect upbeat music and a welcoming atmosphere. *This is a mild to moderate class appropriate for all ages and abilities, and safe for pregnancy. Your instructor will take into consideration any injuries, issues, or conditions you have while leading you through a well balanced fitness class.*Toesox are available for purchase in our retail area *This is a DROP IN FITNESS class.

PURE PSYCLE – Enjoy the ride! 45 minutes on the bike with great music and variation. Your educated instructor will lead you through a riding experience that will raise your heart rate, blast calories, strengthen your lower body, and get the endorphins flowing! *This is a DROP IN FITNESS class.

RIPPED RIDE – 30 minutes of Spin and 30 minutes of Strength - Good 'ol fashioned WEIGHT TRAINING. All levels welcome – you choose your own free weights. A completely balanced cardio and resistance training workout! *This is a DROP IN FITNESS class.

PSYCLE & TRX – A balanced 30 minute cardio & 30 minute strength workout! Half the class on the bike, half on the TRX suspension trainers. *Drop In Fitness Class

FLO RIDER - Half Spin. Half Sculpting Flow. This class is an all-in-one workout that includes cardio, strength, and stretch. A 30 minute ride on the bike, then enjoy a flowing series of strengthening and stretching movements with elements of Yoga & Pilates. *This is a DROP IN FITNESS class.

BIKER GANG – A morning Psyche and Social. A 55 minute endurance ride on the bike to train the heart, lungs, legs and burn some serious energy! Stay after for complimentary coffee and great company! *This is a DROP IN FITNESS class.

CIRCUIT - A fun strength & cardio circuit for all fitness levels. Work station to station for a full body workout at your own pace! *This is a DROP IN FITNESS class.

TRX – TRX Training is a unique workout using suspension straps that leverage gravity and the user's body weight to complete hundreds of movements. Develop strength, balance, and flexibility – true functional fitness and dynamic stability. All fitness levels can do TRX as your certified instructor will offer variations to challenge & modifications for success. We focus on form. Always. *This is a DROP IN FITNESS class To learn more about TRX go to www.trxtraining.com

Interval FIT – A 45 min anti-aging, metabolism boosting, quick and effective...if these sound appealing, this is the class for you! Enjoy an interval style class, which will provide high intensity work bouts balanced by low intensity active recovery. Each class will provide a different style of interval training to keep that body guessing and your fitness level increasing. The perfect cardio and strength workout to compliment your current fitness routine. You work at your own level and limits so this class is for everyone. Modifications will always be given! Bring shoes, water and an attitude ready to work! *This is a drop in fitness class.

#STRONG – The energy of group fitness, with the instruction of private training. Small group training to build strength and endurance. You will be lead through a workout with proper alignment and exercise techniques targeting specific muscle groups and energy systems. The result? A full body sculpt and a stronger you! #STRONG *This is a drop in fitness class *BRING SNEAKERS

HATHA YOGA – (for Strength, Core, Balance & Flexibility) with Suzanne Blackwell -This class targets freedom in those pesky "tricky areas," including lower back, hips, shoulders & hamstrings. You'll also develop core stability, muscle strength/tone, balance, and flexibility in both the upper & lower body. Movement is steady, with lots of time to explore anatomy & alignment when holding postures. Spinal health, body-respect and overall wellness are also emphasized. Postures are practiced with a mindful attitude: why just work on the physical when you can enhance your mental and emotional energy, as well? Breath work for stress relief is a weekly staple. Small doses of practical (often humorous) yogic thought are sprinkled in to keep things fun & relevant to everyday life. The finishing deep relaxation sets you up to be "calm, cool and collected" for the rest of your day.Suzanne draws on her personal experience as a fun-fan, coach, teacher, athlete, martial artist, and member of the "formerly-frequently-injured club". Room is comfortably warm (not hot). Suitable for all levels – offering basic poses for the beginner and more challenging options for the athletic, adventurous or seasoned regular! *Drop In Fitness Class