

# may 2017

# DROP-IN SCHEDULE

\* ALL CLASSES ARE CO-ED \*

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	<p><b>1</b></p> <p>9:15 - 10:15 Pilates APP 9:15 - 10:15 Booty Barre 9:15 - 10:30 PSYCLE Strong 10:20 - 11:20 Drop In Pilates MAT</p> <p>5:15 - 6:15 Booty Barre Sculpt 5:30 - 6:30 Pilates MAT 6:20 - 7:20 Piloxing KnockOut 6:30 - 7:30 Men's Pilates APP 7:00 - 8:00 Flo Rider</p>	<p><b>2</b></p> <p>9:15 - 10:15 Pilates APP 9:15 - 10:15 Piloxing 10:20 - 11:20 Men's Pilates APP 11:30 - 12:30 Pilates APP</p> <p>5:15 - 6:15 Strength for Life 5:30 - 6:15 Pure PSYCLE 5:30 - 6:45 Functional Hatha 6:20 - 7:20 Booty Barre</p>	<p><b>3</b></p> <p>9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates APP 9:15 - 10:00 Pure PSYCLE 10:20 - 11:20 Pilates APP</p> <p>5:00 - 6:00 Pilates APP 5:15 - 6:00 Piloxing 6:00 - 7:00 Pilates APP 6:00 - 7:15 BIKER BARRE 7:30 - 8:30 POUND. Rockout. Workout</p>	<p><b>4</b></p> <p>6:15 - 7:00 Pure PSYCLE 9:15 - 10:15 Pilates APP 9:15 - 10:15 CoreFIT 10:20 - 11:20 Pilates APP 5:00 - 6:00 Pilates APP 5:15 - 6:15 Drop In MAT Pilates 5:30 - 6:45 PSYCLE Strong 6:15 - 7:15 Pilates APP 6:20 - 7:20 Booty Barre Sculpt 7:00 - 8:00 CoreFIT 7:45 - 8:45 Candlelight STRETCH &amp; Release</p>	<p><b>5</b></p> <p>9:15 - 10:15 Strength for Life 9:15 - 10:30 PSYCLE Strong 9:15 - 10:15 Pilates APP 10:20 - 11:20 Prenatal Pilates</p> <p>4:45 - 5:45 Happy Hour at the Barre</p>	<p><b>6</b></p> <p>8:00 - 9:15 BIKER BARRE</p> <p>9:30 - 10:30 Piloxing</p> <p>10:45 - 11:45 Booty Barre Sculpt</p>
<p><b>7</b></p> <p>9:00 - 10:30 BIKER GANG Endurance Ride</p> <p>9:15 - 10:15 POUND Rockout. Workout.</p> <p>10:30 - 11:30 Flo Rider</p>	<p><b>8</b></p> <p>9:15 - 10:15 Pilates APP 9:15 - 10:15 Booty Barre 9:15 - 10:30 PSYCLE Strong 10:20 - 11:20 Drop In Pilates MAT</p> <p>5:15 - 6:15 Booty Barre Sculpt 5:30 - 6:30 Pilates MAT 6:20 - 7:20 Piloxing KnockOut 6:30 - 7:30 Men's Pilates APP 7:00 - 8:00 Flo Rider</p>	<p><b>9</b></p> <p>9:15 - 10:15 Pilates APP 9:15 - 10:15 Piloxing 10:20 - 11:20 Men's Pilates APP 11:30 - 12:30 Pilates APP</p> <p>5:15 - 6:15 Strength for Life 5:30 - 6:15 Pure PSYCLE 5:30 - 6:45 Functional Hatha 6:20 - 7:20 Booty Barre</p>	<p><b>10</b></p> <p>9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates APP 9:15 - 10:00 Pure PSYCLE 10:20 - 11:20 Pilates APP</p> <p>5:00 - 6:00 Pilates APP 5:15 - 6:00 Piloxing 6:00 - 7:00 Pilates APP 6:00 - 7:15 BIKER BARRE 7:30 - 8:30 POUND. Rockout. Workout</p>	<p><b>11</b></p> <p>6:15 - 7:00 Pure PSYCLE 9:15 - 10:15 Pilates APP 9:15 - 10:15 CoreFIT 10:20 - 11:20 Pilates APP 5:00 - 6:00 Pilates APP 5:15 - 6:15 Drop In MAT Pilates 5:30 - 6:45 PSYCLE Strong 6:15 - 7:15 Pilates APP 6:20 - 7:20 Booty Barre Sculpt 7:00 - 8:00 CoreFIT 7:45 - 8:45 Candlelight STRETCH &amp; Release</p>	<p><b>12</b></p> <p>9:15 - 10:15 Strength for Life 9:15 - 10:30 PSYCLE Strong 9:15 - 10:15 Pilates APP 10:20 - 11:20 Prenatal Pilates</p> <p>4:45 - 5:45 Happy Hour at the Barre</p>	<p><b>13</b></p> <p>8:00 - 9:15 BIKER BARRE</p> <p>9:30 - 10:30 Piloxing</p> <p>10:45 - 11:45 Booty Barre Sculpt</p> <p><b>SPECIAL EVENT:</b> PCN Women's FUN RUN L.T.C.H.S</p>
<p><b>14</b></p> <p>9:00 - 10:30 BIKER GANG Endurance Ride</p> <p>9:15 - 10:15 POUND Rockout. Workout.</p> <p>10:30 - 11:30 Flo Rider</p>	<p><b>15</b></p> <p>9:15 - 10:15 Pilates APP 9:15 - 10:15 Booty Barre 9:15 - 10:30 PSYCLE Strong 10:20 - 11:20 Drop In Pilates MAT</p> <p>5:15 - 6:15 Booty Barre Sculpt 5:30 - 6:30 Pilates MAT 6:20 - 7:20 Piloxing KnockOut 6:30 - 7:30 Men's Pilates APP 7:00 - 8:00 Flo Rider</p>	<p><b>16</b></p> <p>9:15 - 10:15 Pilates APP 9:15 - 10:15 Piloxing 10:20 - 11:20 Men's Pilates APP 11:30 - 12:30 Pilates APP</p> <p>5:15 - 6:15 Strength for Life 5:30 - 6:15 Pure PSYCLE 5:30 - 6:45 Functional Hatha 6:20 - 7:20 Booty Barre</p>	<p><b>17</b></p> <p>9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates APP 9:15 - 10:00 Pure PSYCLE 10:20 - 11:20 Pilates APP</p> <p>5:00 - 6:00 Pilates APP 5:15 - 6:00 Piloxing 6:00 - 7:00 Pilates APP 6:00 - 7:15 BIKER BARRE 7:30 - 8:30 POUND. Rockout. Workout</p>	<p><b>18</b></p> <p>6:15 - 7:00 Pure PSYCLE 9:15 - 10:15 Pilates APP 9:15 - 10:15 CoreFIT 10:20 - 11:20 Pilates APP 5:00 - 6:00 Pilates APP 5:15 - 6:15 Drop In MAT Pilates 5:30 - 6:45 PSYCLE Strong 6:15 - 7:15 Pilates APP 6:20 - 7:20 Booty Barre Sculpt 7:00 - 8:00 CoreFIT 7:45 - 8:45 Candlelight STRETCH &amp; Release</p>	<p><b>19</b></p> <p>9:15 - 10:15 Strength for Life 9:15 - 10:30 PSYCLE Strong 9:15 - 10:15 Pilates APP 10:20 - 11:20 Prenatal Pilates</p> <p>4:45 - 5:45 Happy Hour at the Barre</p>	<p><b>20</b></p> <p>8:00 - 9:15 BIKER BARRE</p> <p>9:30 - 10:30 Piloxing</p> <p>10:45 - 11:45 Booty Barre Sculpt</p>
<p><b>21</b></p> <p><b>CLOSED</b> <b>MAY LONG WEEKEND</b></p>	<p><b>22</b></p> <p><b>CLOSED</b> <b>MAY LONG WEEKEND</b></p>	<p><b>23</b></p> <p>9:15 - 10:15 Pilates APP 9:15 - 10:15 Piloxing 10:20 - 11:20 Men's Pilates APP 11:30 - 12:30 Pilates APP</p> <p>5:15 - 6:15 Strength for Life 5:30 - 6:15 Pure PSYCLE 5:30 - 6:45 Functional Hatha 6:20 - 7:20 Booty Barre</p>	<p><b>24</b></p> <p>9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates APP 9:15 - 10:00 Pure PSYCLE 10:20 - 11:20 Pilates APP</p> <p>5:00 - 6:00 Pilates APP 5:15 - 6:00 Piloxing 6:00 - 7:00 Pilates APP 6:00 - 7:15 BIKER BARRE 7:30 - 8:30 POUND. Rockout. Workout</p>	<p><b>25</b></p> <p>6:15 - 7:00 Pure PSYCLE 9:15 - 10:15 Pilates APP 9:15 - 10:15 CoreFIT 10:20 - 11:20 Pilates APP 5:00 - 6:00 Pilates APP 5:15 - 6:15 Drop In MAT Pilates 5:30 - 6:45 PSYCLE Strong 6:15 - 7:15 Pilates APP 6:20 - 7:20 Booty Barre Sculpt 7:00 - 8:00 CoreFIT 7:45 - 8:45 Candlelight STRETCH &amp; Release</p>	<p><b>26</b></p> <p>9:15 - 10:15 Strength for Life 9:15 - 10:15 Pilates APP 9:15 - 10:30 PSYCLE Strong 10:20 - 11:20 Prenatal Pilates</p> <p>4:45 - 5:45 Happy Hour at the Barre</p>	<p><b>27</b></p> <p>8:00 - 9:15 BIKER BARRE</p> <p>9:30 - 10:30 Piloxing</p> <p>10:45 - 11:45 Booty Barre Sculpt</p> <p><b>SPECIAL EVENT</b> Iviva Trunk Show 10:00 - 4:00 with classes all day for girls! Sign up!</p>
<p><b>28</b></p> <p>9:00 - 10:30 BIKER GANG Endurance Ride</p> <p>9:15 - 10:15 POUND Rockout. Workout.</p> <p>10:30 - 11:30 Flo Rider</p>	<p><b>29</b></p> <p>9:15 - 10:15 Pilates APP 9:15 - 10:15 Booty Barre 9:15 - 10:30 PSYCLE Strong 10:20 - 11:20 Drop In Pilates MAT</p> <p>5:15 - 6:15 Booty Barre Sculpt 5:30 - 6:30 Pilates MAT 6:20 - 7:20 Piloxing KnockOut 6:30 - 7:30 Men's Pilates APP 7:00 - 8:00 Flo Rider</p>	<p><b>30</b></p> <p>9:15 - 10:15 Pilates APP 9:15 - 10:15 Piloxing 10:20 - 11:20 Men's Pilates APP 11:30 - 12:30 Pilates APP</p> <p>5:15 - 6:15 Strength for Life 5:30 - 6:15 Pure PSYCLE 5:30 - 6:45 Functional Hatha 6:20 - 7:20 Booty Barre</p>	<p><b>31</b></p> <p>9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates APP 9:15 - 10:00 Pure PSYCLE 10:20 - 11:20 Pilates APP</p> <p>5:00 - 6:00 Pilates APP 5:15 - 6:00 Piloxing 6:00 - 7:00 Pilates APP 6:00 - 7:15 BIKER BARRE 7:30 - 8:30 POUND. Rockout. Workout</p>			

## BOOM BOOM ROOM (Childminding) HOURS

### MORNINGS

Monday - Saturday 9 am - Noon

### EVENINGS

Monday - Thursday 5:00 - 7:45 pm  
Friday 4:30 - 6:00 pm



PILATES CLASSES

GROUP FITNESS CLASSES

403.341.5911

www.studiopilates.ca • facebook.com/studiopilatesrd

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)

**PRENATAL PILATES** – Pilates is one of the safest workouts you can do when you're expecting! Stay strong during your pregnancy & recover faster after baby is born! This class is appropriate for all trimesters – modifications & props will be provided for all Mamas! As your body changes, maintain posture, pelvic floor, deep core, and hip strength. This class is on the Pilates equipment (Reformer & Cadillac). \*Please get permission from your Doctor to do Pilates! \*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](http://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

**HAPPY HOUR AT THE BARRE** – Friday evenings...let's meet at the Barre! Kick off the weekend with a high energy, full body Booty Barre™ class! Cardio, toning, flexibility, mobility, and core! It's all wrapped up in a barre class with the beats bouncing to keep you motivated at the end of a work week! \*This is a DROP IN FITNESS class. \*bonus! childminding is available Friday evenings!

**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](http://www.piloxing.com) \*This is a DROP IN FITNESS class

**PILOXING KNOCKOUT®** – a progression from the traditional Piloxing® class that you know & love! Knockout is a killer interval workout testing endurance and strength! This is a high-intensity, plyometric, functional core-centric program. \*SNEAKERS ARE REQUIRED FOR THIS CLASS. \*This is a DROP IN FITNESS class

**STRENGTH FOR LIFE** – A movement class for balance, strength, flexibility & mobility. A combination class to boost muscle tone & bone density, mobilize joints & increase flexibility. Improve your balance, trust your body. Your instructor will take into consideration any injuries, issues, or concerns you have with your body while leading you through a mild, well balanced fitness class. You will experience elements of Pilates as well as standing work at the barre. Foot and lower leg health is crucial to long term balance & function. 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, resistance tubing & body weight. Expect upbeat music and a welcoming atmosphere. \*This is a mild to moderate class appropriate for all ages & abilities, those managing arthritis or other conditions & safe for pregnancy. \*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

**PSYCLE STRONG** – Complete your ride with upper body resistance work & core exercises. This class is 75 motivating minutes...40 min on the bike, 25 min strength & core conditioning, 10 minutes stretch and release. \*This is a DROP IN FITNESS class

**BIKER GANG** – A Sunday morning Psytle & Social. Start the class on the bike to train the heart, lungs, & legs for 60 minutes, then move to the mat for a relaxing stretch. Stay after for complimentary coffee & great company!

**BIKER BARRE** - Get your Psytle workout on the bike, then head to the Barre to continue strength, flexibility, and mobility work! The union of two awesome workouts! Doesn't get much better than this!

**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.

**FUNCTIONAL HATHA FLOW** – Combining movement, stillness, and breath, Kris will guide you through a sequence of yoga positions. Be ready to focus, work, and enjoy exploring how your body moves.

**POUND® ROCKOUT. WORKOUT.** – Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising. POUND® transforms drumming into an incredibly effective way to work out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

**CANDLELIGHT STRETCH** – A guided stretch and release right before bed. Unwind the body and the mind as we guide you through a series of stretches to improve flexibility and relieve pain. Pilates principles, yoga foundations, and myofascial release techniques will be included.

**CoreFIT** - EVERY exercise, if done correctly, is a CORE exercise. Core training and safe effective fitness is what we do. This class gives you a full body workout in 60 minutes. Start with 20 min of cardio intervals to blast calories and condition the heart. Next is 20 minutes of STRENGTH work using TRX, free weights, resistance tubing, & medicine balls. Finish the class with 20 minutes of CORE blasting exercises to strengthen your abs, back, glutes, and postural muscles. This class will fly by as you shift gears every 20 minutes. Leave feeling strong & sweaty