

August 2018

DROP-IN SCHEDULE

* ALL CLASSES ARE CO-ED *

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			1	2	3	4
			9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates Apparatus COMBUSTION 5:00 - 6:00 Pilates Apparatus CIRCUIT 5:15 - 6:15 Pilates Mat 6:15 - 7:15 Ripped Ride 7:30 - 8:30 ESSENTRICS	6:00 - 6:45 Pure PSYCLE CIRCUIT 9:15 - 10:15 Pilates Apparatus Booty Barre Sculpt 5:15 - 6:15 Pilates Apparatus Flo Rider 5:30 - 6:30 Pilates Apparatus Spin for SPORT Performance	9:15 - 10:15 Strength for Life PURE PSYCLE 10:15 - 11:15 #STRONG	8:30 - 9:30 BIKER GANG 9:15 - 10:15 Piloxing 10:30 - 11:30 ESSENTRICS
5	6	7	8	9	10	11
<i>Closed</i>	<i>Closed</i>	6:00 - 6:45 Pure PSYCLE TRX Strength & Mobility 9:15 - 10:15 Pilates Apparatus Biker Barre 9:30 - 10:30 Pilates Apparatus Spin for SPORT Performance 10:20 - 11:20 Strength for Life Pscyle & TRX 5:15 - 6:15 Strength for Life Pscyle & TRX 6:30 - 7:30 Booty Barre	9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates Apparatus COMBUSTION 5:00 - 6:00 Pilates Apparatus CIRCUIT 5:15 - 6:15 Pilates Mat 6:15 - 7:15 Ripped Ride 7:30 - 8:30 ESSENTRICS	6:00 - 6:45 Pure PSYCLE CIRCUIT 9:15 - 10:15 Pilates Apparatus Pilates Apparatus 10:20 - 11:20 Booty Barre Sculpt 5:15 - 6:15 Pilates Apparatus Flo Rider 5:30 - 6:30 Pilates Apparatus Spin for SPORT Performance	9:15 - 10:15 Strength for Life PURE PSYCLE 10:15 - 11:15 #STRONG	8:30 - 9:30 BIKER GANG 9:15 - 10:15 Piloxing
CLOSED FOR HERITAGE DAY						
12	13	14	15	16	17	18
8:00 - 9:00 Booty Barre 9:15 - 10:15 Flo Rider 7:00 - 8:00 PM CANDLELIGHT STRETCH & FOAM ROLL	9:15 - 10:15 Ripped Ride 9:15 - 10:15 Booty Barre 9:15 - 10:15 Pilates MAT 10:20 - 11:20 Pilates Apparatus Piloxing 5:15 - 6:15 *Pilates MAT #STRONG 6:00 - 7:00 Pilates Apparatus 7:15 - 8:15 AtSukha YIN YOGA	6:00 - 6:45 Pure PSYCLE TRX Strength & Mobility 9:15 - 10:15 Pilates Apparatus Biker Barre 9:30 - 10:30 Pilates Apparatus Spin for SPORT Performance 10:20 - 11:20 Strength for Life Pscyle & TRX 5:15 - 6:15 Strength for Life Pscyle & TRX 6:30 - 7:30 Booty Barre	9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates Apparatus COMBUSTION 5:00 - 6:00 Pilates Apparatus CIRCUIT 5:15 - 6:15 Pilates Mat 6:15 - 7:15 Ripped Ride 7:30 - 8:30 ESSENTRICS	6:00 - 6:45 Pure PSYCLE CIRCUIT 9:15 - 10:15 Pilates Apparatus Pilates Apparatus 10:20 - 11:20 Booty Barre Sculpt 5:15 - 6:15 Pilates Apparatus Flo Rider 5:30 - 6:30 Pilates Apparatus Spin for SPORT Performance	9:15 - 10:15 Strength for Life PURE PSYCLE 10:15 - 11:15 #STRONG	8:30 - 9:30 BIKER GANG 9:15 - 10:15 Piloxing 10:30 - 11:30 ESSENTRICS *Free Class - apprentice instructors
19	20	21	22	23	24	25
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 10:20 - 11:20 Pilates Apparatus Piloxing 5:15 - 6:15 *Pilates MAT #STRONG 6:00 - 7:00 Pilates Apparatus 6:30 - 7:30 Pilates Apparatus	6:00 - 6:45 Pure PSYCLE TRX Strength & Mobility 9:15 - 10:15 Pilates Apparatus Biker Barre 9:30 - 10:30 Pilates Apparatus Spin for SPORT Performance 10:20 - 11:20 Strength for Life Pscyle & TRX 5:15 - 6:15 Strength for Life Pscyle & TRX 6:30 - 7:30 Booty Barre	9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates Apparatus COMBUSTION 5:00 - 6:00 Pilates Apparatus CIRCUIT 5:15 - 6:15 Pilates Mat 6:15 - 7:15 Ripped Ride 7:30 - 8:30 ESSENTRICS	6:00 - 6:45 Pure PSYCLE CIRCUIT 9:15 - 10:15 Pilates Apparatus Pilates Apparatus 10:20 - 11:20 Booty Barre Sculpt 5:15 - 6:15 Pilates Apparatus Flo Rider 5:30 - 6:30 Pilates Apparatus Spin for SPORT Performance	9:15 - 10:15 Strength for Life PURE PSYCLE 10:15 - 11:15 #STRONG	8:30 - 9:30 BIKER GANG 9:15 - 10:15 Piloxing
26	27	28	29	30	31	
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 10:20 - 11:20 Pilates Apparatus Piloxing 5:15 - 6:15 *Pilates MAT #STRONG 6:00 - 7:00 Pilates Apparatus 6:30 - 7:30 Pilates Apparatus	6:00 - 6:45 Pure PSYCLE TRX Strength & Mobility 9:15 - 10:15 Pilates Apparatus Biker Barre 9:30 - 10:30 Pilates Apparatus Spin for SPORT Performance 10:20 - 11:20 Strength for Life Pscyle & TRX 5:15 - 6:15 Strength for Life Pscyle & TRX 6:30 - 7:30 Booty Barre	9:15 - 10:15 Booty Barre Sculpt 9:15 - 10:15 Pilates Apparatus COMBUSTION 5:00 - 6:00 Pilates Apparatus CIRCUIT 5:15 - 6:15 Pilates Mat 6:00 - 7:00 POUND 6:30 - 7:30 Ripped Ride 7:30 - 8:30 ESSENTRICS	6:00 - 6:45 Pure PSYCLE CIRCUIT 9:15 - 10:15 Pilates Apparatus Pilates Apparatus 10:20 - 11:20 Booty Barre Sculpt 5:15 - 6:15 Pilates Apparatus Flo Rider 5:30 - 6:30 Pilates Apparatus Flo Rider	9:15 - 10:15 Strength for Life PURE PSYCLE 10:15 - 11:15 #STRONG	

*PILATES APPARATUS CLASSES REQUIRE A SPECIFIC CLASS PASS OR DROP IN FEE

*ALL OTHER CLASSES (including mat pilates) ARE INCLUDED IN OUR FITNESS PASSES & UNLIMITED MEMBERSHIPS



BOOM BOOM ROOM (Childminding) HOURS

MORNINGS

Monday - Saturday 9:00 am - Noon

EVENINGS

Monday - Thursday 5:00 - 8:30 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.

BIKER BARRE – Get your cardio 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! *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.

#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

AtSukha YIN YOGA – Yin Yoga is a style of yoga practice originally developed to create balance to the Yang and our lives, both on and off our mats. Yin yoga encourages balanced flow of energy within the body, promotes lengthening of our connective tissues, invites mobility into our joints, and brings calmness to the mind. Yin yoga is able to prepare us for the demands of daily life, promoting recovery and resilience. AtSukha comes from the Sanscrit word Sukha, meaning "at ease, at rest, with contentment". Practicing the AtSukha style of yin yoga invites ease and contentment into our yoga practice and into our bodies. Taught by Tammy Twyne - a physiotherapist and certified Yin Yoga instructor. *Drop In Fitness Class

ESSETRICS – Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy. Flexibility. Mobility. Strength. Range of Motion *drop in fitness class

COMBUSTION – COMBUSTION = ENERGY BURN! This Interval workout will challenge every metabolic system in the body. Challenge cardiovascular fitness & strength and reap the benefits of HIIT. Interval training promotes anti-aging, metabolism boosting, & the afterburn effect (EPOC)...your body will continue to burn energy at a higher rate for the rest of the day! This workout is a mixture of cardio intervals and resistance training (it's Interval Fit & #STRONG wrapped up in one class!) *drop in fitness class

POUND – Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working 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 *drop in fitness class

RECEPTION HOURS

MORNINGS

Monday - Friday 9:00 am - 12:30 pm
Saturday 9:00 am - 12 noon
Sunday 9:00 am - 11:00 am

EVENINGS

Monday - Thursday 4:45 pm - 7:45 pm