

February 2019

DROP-IN SCHEDULE

* ALL CLASSES ARE CO-ED *

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>myzone® * Indicates a MY ZONE CLASS. MY ZONE is an optional Heart Rate Monitoring technology to measure your intensity and display your heart rate, calories burned, and percentage of maximum heart rate. Please arrive 5 - 10 minutes early to class to put your heart rate chest strap on under your shirt and sign into the MY ZONE system. You may attend a class that is a designated MY ZONE class and choose to not wear the chest strap.</p>					<p>1</p> <p>6:00-6:45 #STRONG 9:15-10:15 Pilates APPARATUS 9:15-10:30 Strength for Life 9:15-10:30 *PSYCLE Strong 10:30-11:30 Pilates CIRCUIT</p>	<p>2</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:00-10:40 Beginner Spinner 10:30-11:30 ESSENTRICS</p>
<p>3</p> <p>8:00-9:00 Booty Barre 9:15-10:15 Flo Rider</p>	<p>4</p> <p>9:15-10:15 Booty Barre 9:15-10:15 Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:00-7:00 Psyche & TRX 6:20 - 7:00 BARRE Basics 6:30-7:30 Men's APPARATUS</p>	<p>5</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX Strength & Mobility 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:10 Beginner Spinner 5:15-6:15 Ripped Ride 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga</p>	<p>6</p> <p>9:15-10:15 Booty Barre Sculpt 9:15-10:15 *Interval FIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 5:00-6:00 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates APPARATUS 6:30-7:30 Biker BARRE</p>	<p>7</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 Biker BARRE <u>12-10 - 12:50 Booty Barre</u> 5:15-5:55 Beginner Spinner 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 6:15 - 7:15 POUND 6:30-7:30 Pilates MAT</p>	<p>8</p> <p>9:15-10:15 Pilates APPARATUS 9:15-10:30 Strength for Life 9:15-10:30 *PSYCLE Strong 5:15 - 6:15 Happy Hour at the Barre <small>*No eve childminding</small></p>	<p>9</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:30-11:30 ESSENTRICS</p>
<p>10</p> <p>8:00-9:00 Booty Barre 9:15-10:15 Flo Rider</p>	<p>11</p> <p>9:15-10:15 Booty Barre 9:15-10:15 Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:00-7:00 Psyche & TRX 6:20 - 7:00 BARRE Basics 6:30-7:30 Men's APPARATUS</p>	<p>12</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 CIRCUIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:10 Beginner Spinner 5:15-6:15 Ripped Ride 6:30-7:30 Booty Barre</p>	<p>13</p> <p>9:15-10:15 Booty Barre Sculpt 9:15-10:15 #STRONG 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 5:00-6:00 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates APPARATUS 6:30-7:30 Biker BARRE</p>	<p>14</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 Biker BARRE <u>12-10 - 12:50 Pilates MAT</u> 5:15-5:55 Beginner Spinner 5:15-6:15 Pilates APPARATUS 6:15-7:15 *Interval FIT 6:30-7:30 Pilates MAT</p>	<p>15</p> <p>6:00-6:45 #STRONG 9:15-10:15 Pilates APPARATUS 9:15-10:30 Strength for Life 9:15-10:30 *PSYCLE Strong</p>	<p>16</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING 10:00-10:40 Beginner Spinner 10:30-11:30 ESSENTRICS</p>
<p>17</p> <p>8:00-9:00 Booty Barre 9:15-10:15 Flo Rider</p>	<p>18</p> <p>FAMILY DAY STUDIO CLOSED</p>	<p>19</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 TRX Strength & Mobility 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:10 Beginner Spinner 5:15-6:15 Ripped Ride 6:30-7:30 Booty Barre 7:30-8:30 AtSukha Yin Yoga</p>	<p>20</p> <p>9:15-10:15 Booty Barre Sculpt 9:15-10:15 *Interval FIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 5:00-6:00 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates APPARATUS 6:30-7:30 Biker BARRE</p>	<p>21</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 Biker BARRE <u>12-10 - 12:50 Pure PSYCLE</u> 5:15-5:55 Beginner Spinner 5:15-6:15 Pilates APPARATUS 6:15-7:15 #STRONG 6:30-7:30 Pilates MAT</p>	<p>22</p> <p>9:15-10:15 Pilates APPARATUS 9:15-10:30 Strength for Life 9:15-10:30 *PSYCLE Strong 5:15 - 6:15 Happy Hour at the Barre <small>*No eve childminding</small></p>	<p>23</p> <p>8:30-9:30 *Biker GANG 9:15-10:15 PILOXING (10:30 NO Essentricks Today)</p>
<p>24</p> <p>8:00-9:00 Booty Barre 9:15-10:15 Flo Rider 10:00-11:00 Pilates CIRCUIT</p>	<p>25</p> <p>9:15-10:15 Booty Barre 9:15-10:15 Ripped Ride 9:15-10:15 Pilates MAT 10:20-11:20 Pilates APPARATUS 5:15-6:15 Strength for Life 5:30-6:30 Pilates MAT 6:00-7:00 Psyche & TRX 6:20 - 7:00 BARRE Basics 6:30-7:30 Men's APPARATUS</p>	<p>26</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 CIRCUIT 9:15-10:15 Pilates APPARATUS 10:20-11:20 Men's APPARATUS 10:30 - 11:10 Beginner Spinner 5:15-6:15 Ripped Ride 6:30-7:30 Booty Barre</p>	<p>27</p> <p>9:15-10:15 Booty Barre Sculpt 9:15-10:15 #STRONG 9:15-10:15 Pilates APPARATUS 10:20-11:20 Pilates APPARATUS 5:00-6:00 Pilates APPARATUS 5:15-6:15 CIRCUIT 6:00-7:00 Pilates APPARATUS 6:30-7:30 Biker BARRE</p>	<p>28</p> <p>6:00-6:45 *Pure PSYCLE 9:15-10:15 Pilates APPARATUS 9:15-10:15 Biker BARRE <u>12-10 - 12:50 BUTTS n GUTS</u> 5:15-5:55 Beginner Spinner 5:15-6:15 Pilates APPARATUS 6:15-7:15 *Interval FIT 6:15-7:15 POUND 6:30-7:30 Pilates MAT</p>		

* PILATES APPARATUS CLASSES REQUIRE REGISTRATION FOR A SESSION - CONTACT studiopilatesrd@gmail.com

* ALL OTHER CLASSES (including Mat Pilates) ARE INCLUDED WITH PUNCH PASSES & UNLIMITED MEMBERSHIPS

*Pilates CIRCUIT classes are open to everyone for an apparatus drop in fee

- PILATES APPARATUS - REGISTRATION REQUIRED
- DROP IN PILATES MAT & FITNESS CLASSES
- DROP IN PILATES APPARATUS CIRCUIT

BOOM BOOM ROOM (Childminding) HOURS

MORNINGS
Monday - Friday 9:00 am - Noon
Saturday 8:30 - 11:30 am

EVENINGS
Monday -Thursday 5:00 - 8:00 pm

403.341.5911

www.studiopilates.ca



488 McCoy Drive
Red Deer County, AB T4E 0A4

AtSukha YIN YOGA - Yin yoga is a style of yoga practice originally developed to create balance to the Yang of 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. AtSukha comes from the Sanscrit word Sukha, meaning "at ease, at rest, with contentment". *PLEASE BRING YOUR OWN YOGA MAT. Instructed by Tammy Twyne - physiotherapist and certified Yin Yoga Teacher

BARRE BASICS - The perfect introduction to BARRE fundamentals! "Neutral spine", "plie", "turn out".....we'll teach you what all of that means! Learn posture, core engagement, glute activation, and you'll find out what BARRE is all about! A full body workout. Safe, effective, pilates based movements to strengthen hips, knees, ankles & feet, core, & upper body too! A mild 40 min Barre workout. *This is a DROP IN fitness class.

BIKER BARRE - Get your 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! *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.

BEGINNER SPINNER - Whether you're new to Indoor Cycling, intimidated by 'spin class', or just want a mild ride, Beginner Spinner is the class for you! You'll learn how to adjust your bike, and correct cycling posture. Get acquainted with instructor cues and how to use the computer console on the bike to get feedback from your workout; your distance, your power, & calories burned! Come prepared to have a mild workout. Indoor Cycling is one of the BEST forms of cardiovascular training & calorie torching! YOU are in control of your workout. *This is a DROP IN fitness class.

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. 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.

BUTTS n GUTS - All booty and core! Need we say more! *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.

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. Flexibility. Mobility. Strength. Range of Motion. *This is a 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.

INTERVAL FIT - Anti-aging, metabolism boosting, quick and effective! Enjoy an interval style class, which will provide high intensity work bouts balanced by low intensity active recovery. Modifications will always be given! Bring shoes, water and an attitude ready to work! *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.

PILATES CIRCUIT - Variety! Pilates exercise 'stations' in a circuit style class! Includes exercises on the Reformer, Cadillac, Stability Chair, Ladder Barrel, Arc Barrel, Foam Roller, Bosu & more! *Knowledge of Pilates principles is preferred for this class. New to Pilates and want to try? Absolutely! Please contact us if you're new to Pilates and want to participate in the circuit. Connect at studiopilatesrd@gmail.com

PILATES MAT - 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 is drop in, OR you can register for an 8-week session to secure your spot.

PILATES APPARATUS - 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).

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.

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.

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. Expect upbeat music and a welcoming atmosphere. *This is a mild to moderate class appropriate for all ages and abilities, and safe for pregnancy. *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! *This is a DROP in fitness class.

RECEPTION HOURS

MORNINGS

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

EVENINGS

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