


sunday	monday	tuesday	wednesday	thursday	friday	saturday	
 <p>* 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 for 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>NEW YEAR'S DAY CLOSED</p>	<p>2</p> <p>9:15 - 10:15 *COMBUSTION 9:15 - 10:15 Booty Barre SCULPT</p> <p>5:15 - 6:15 CIRCUIT 6:30 - 7:30 Biker BARRE</p>	<p>3</p> <p>6:00 - 6:45 *Pure PSYCLE 9:15 - 10:15 Biker BARRE</p> <p>6:15 - 7:15 *COMBUSTION</p>	<p>4</p> <p>9:15 - 10:15 Strength for Life 9:15 - 10:30 *PSYCLE Strong 10:30 - 11:30 Pilates CIRCUIT</p>	<p>5</p> <p>8:30 - 9:30 *Biker GANG 9:15 - 10:15 PILOXING 10:00 - 11:40 Beginner Spinner 10:30 - 11:30 ESSENTRICS</p>	
	<p>6</p> <p>8:00 - 9:00 Booty Barre 9:15 - 10:15 Flo Rider</p>	<p>7</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</p> <p>5:15 - 6:15 Strength for Life 5:30 - 6:30 Pilates MAT 6:00 - 7:00 Psycle & TRX 6:30 - 7:30 Men's APPARATUS</p>	<p>8</p> <p>6:00 - 6:45 *Pure PSYCLE 9:15 - 10:15 TRX Strength & Mobility</p> <p>9:15 - 10:15 Pilates APPARATUS 10:20 - 11:20 Men's APPARATUS</p> <p>5:15 - 6:15 Ripped Ride 6:30 - 7:30 Booty Barre 7:30 - 8:30 AtSukha Yin Yoga</p>	<p>9</p> <p>9:15 - 10:15 Booty Barre SCULPT 9:15 - 10:15 *COMBUSTION 9:15 - 10:15 Pilates APPARATUS 10:20 - 11:20 Pilates APPARATUS</p> <p>4:00 - 4:45 Dancer Pilates JH & HI 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>10</p> <p>6:00 - 6:45 *Pure PSYCLE 9:15 - 10:15 Pilates APPARATUS 9:15 - 10:15 Biker BARRE 10:20 - 11:20 Pilates APPARATUS</p> <p>5:15 - 5:55 Beginner Spinner 5:15 - 6:15 Pilates APPARATUS 6:15 - 7:15 *COMBUSTION 6:30 - 7:30 Pilates MAT</p>	<p>11</p> <p>9:15 - 10:15 Pilates APPARATUS 9:15 - 10:15 Strength for Life 9:15 - 10:30 *PSYCLE Strong</p>	<p>12</p> <p>8:30 - 9:30 *Biker GANG 9:15 - 10:15 PILOXING 10:30 - 11:30 ESSENTRICS</p>
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*PILATES APPARATUS CLASSES REQUIRE REGISTRATION FOR A SESSION. Contact: studiopilatesrd@gmail.com
 *ALL OTHER CLASSES (including mat pilates) ARE INCLUDED IN OUR FITNESS PASSES & UNLIMITED MEMBERSHIPS

BOOM BOOM ROOM (Childminding) HOURS

PILATES APPARATUS 8-WEEK REGISTRATION REQUIRED
DROP IN PILATES MAT & FITNESS CLASSES
DROP IN PILATES APPARATUS CIRCUIT



MORNINGS
 Monday - Friday 9:00 am - Noon
 Saturdays 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

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).

BEGINNER BARRE BASICS – Find out what the BARRE fitness craze is all about! Barre Basics is a 40 minute class designed to teach proper technique by a certified Booty Barre instructor. You'll feel confident knowing all the terminology and basic moves to join any Booty Barre class on our schedule! Barre is an excellent workout for strength, stability, flexibility, and cardio! Barre class includes a warm up, upper body strength work, lower body & core work at the barre, core & glute work on the floor, and finish with a stretch.

BEGINNER SPINNER – New to indoor cycling (spin) and curious to see what it's all about? We've got Beginner Spinner classes throughout January! Learn proper bike set up, how to use the console to understand your energy expenditure and exertion, experience why spin is an unbelievably effective workout! You are in control of your bike tension & you decide how hard you work... we provide top of the line bikes and technology, a playlist to energize you, and instructors who motivate and educate! If you're looking for a new type of cardio, or just enjoy a mild spin class...Beginner Spinner is for you!

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.

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 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!

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 STRENGTH & MOBILITY – 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.

COMBUSTION – Set your metabolism on FIRE and have FUN doing it! This interval workout involves choreographed rounds of HIIT (high intensity) cardio bouts followed by strength intervals set to today's best music! Interval training promotes anti-aging, metabolism boosting, and the afterburn effect (EPOC) ... your body will continue to burn energy at a higher rate for the rest of the day! *This is a DROP IN FITNESS class.

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. *This is a DROP IN FITNESS class.

ESSENTRICS – Essentricks is a full body workout using dynamic and fluid combinations of strengthening and stretching. The technique develops lean, strong and flexible muscles with improvements 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. This equipment-free workout leaves you feeling energized, youthful and healthy. Flexibility. Mobility. Strength. Range of Motion. *This is a DROP IN FITNESS class.

RECEPTION HOURS

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

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