

# September 2018

# DROP-IN SCHEDULE

\* ALL CLASSES ARE CO-ED \*

sunday	monday	tuesday	wednesday	thursday	friday	saturday
						1 8:30 - 9:30 BIKER GANG 9:15 - 10:15 Piloxing 10:30 - 11:30 ESSENTRICS
2 8:00 - 9:00 <b>Booty Barre</b> 9:15 - 10:15 <b>Flo Rider</b>	3 <i>Closed</i> <b>CLOSED FOR LABOUR DAY</b>	4 6:00 - 6:45 <b>Pure PSYCLE</b> 9:15 - 10:15 <b>Pilates Apparatus</b> 9:15 - 10:15 <b>TRX Strength &amp; Mobility</b> 10:20 - 11:20 <b>Men's Apparatus</b> 5:15 - 6:15 <b>Strength for Life</b> 5:15 - 6:15 <b>Ripped Ride</b> 6:30 - 7:30 <b>Booty Barre</b> 7:15 - 8:15 <b>AtSukha YIN YOGA</b>	5 9:15 - 10:15 <b>Pilates Apparatus</b> <b>COMBUSTION</b> 9:15 - 10:15 <b>Booty Barre Sculpt</b> 10:20 - 11:20 <b>Pilates Apparatus</b> 4:00 - 4:45 <b>Pilates for Dancers</b> 5:00 - 6:00 <b>Pilates Apparatus</b> <b>CIRCUIT</b> 5:15 - 6:15 <b>Pure PSYCLE</b> 6:30 - 7:15 <b>Pure PSYCLE</b>	6 6:00 - 6:45 <b>Pure PSYCLE</b> 9:15 - 10:15 <b>Pilates Apparatus</b> <b>CIRCUIT</b> 9:15 - 10:15 <b>Pilates Apparatus</b> 10:20 - 11:20 <b>Pilates Apparatus</b> 5:15 - 6:15 <b>Pilates Apparatus</b> 6:15 - 7:15 <b>Booty Barre Sculpt</b> 6:15 - 7:15 <b>Combustion</b> 6:30 - 7:30 <b>Pilates MAT</b>	7 9:15 - 10:15 <b>Pilates Apparatus</b> 9:15 - 10:15 <b>Strength for Life</b> 9:15 - 10:00 <b>Pure PSYCLE</b> 10:15 - 11:15 <b>#STRONG</b>	8 8:30 - 9:30 BIKER GANG 9:15 - 10:15 Piloxing 10:30 - 11:30 ESSENTRICS
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\*PILATES APPARATUS CLASSES REQUIRE REGISTRATION FOR A SESSION. Contact: [studiopilatesrd@gmail.com](mailto:studiopilatesrd@gmail.com)

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

**PILATES APPARATUS 8-WEEK REGISTRATION REQUIRED**

**DROP IN PILATES MAT & FITNESS CLASSES**



**BOOM BOOM ROOM (Childminding) HOURS**

**MORNINGS**

Monday - Saturday 9:00 am - Noon

**EVENINGS**

Monday - Thursday 5:00 - 8:00 pm

403.341.5911

[www.studiopilates.ca](http://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).

**PILATES FOR DANCERS** – Pilates is an essential ingredient to a dancer's success and longevity. Designed for the committed dancer and led by highly trained instructors accredited in both professional dance and Pilates instruction, Dancer Pilates classes build flexibility and strength, encourage proper alignment, improve foot and ankle range and strength, increase balance and coordination, boost self-confidence and self-worth, and develop control, endurance, and awareness in the entire body. Instructors are Hannah Peacock, Jenna Lee Hay, Danielle Sick. \*This class requires registration (8-week session). Two age groups: 9-12 and 13+

**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.

**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.

**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.

**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](http://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. \*This is a DROP IN FITNESS class.

**ESSEINTRICS** – 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. \*This is a DROP IN FITNESS class.

**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.

## 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