

Effective: 7/1/2008

### The Solebury Club - Pilates Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30AM Mat Class Intermediate Denise	9:00-10:00AM Mat Class Open Level Adrienne	9:30-10:30AM Mat/Foam Roller Open Level Denise	9:30-10:30AM Mat/Ball Class <i>Reservation Only</i> Kristin	9:30-10:30AM Mat Class Open Level Adrienne	9:00-10:00AM Mat/Ball Class Denise	
10:30-11:30AM Reformer Beginner/Intermediate Denise	10:00-10:30AM Reformer Basics Class Adrienne	10:30-11:30AM Reformer/Pole Class Denise	10:30-11:30AM Reformer Beginner Kristin	10:30-11:30AM Reformer Intermediate Denise		
	10:30-11:30AM Reformer/Pole Class Denise	6:00-7:00PM Mat Class Beginner <i>Reservation Only</i> Cheryl				
	6:00-6:30PM Power Mat Class Denise					
	6:30-7:00PM Elastic Strength Class Denise					
	7:00-8:00PM Reformer/Pole Class Denise					

- All Classes are 55 Minutes in length except where otherwise indicated.
- Classes are subject to change with an average of 3 or less.
- Reservations are required for reformer classes.
- Mat classes are limited to 10 participants. Mat/Ball classes are limited to 8 participants.
- Reformer & Pole classes are limited to a minimum of 2 participants and a maximum of 4 participants.
- Reformer & Pole classes are available at an additional charge. See Rate Schedule.

**Cancellation Policy:** All reformer classes and private or semi-private sessions require 24 hour notice to cancel. Late cancellations or no shows will incur a class/session cancellation fee.

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### What is Pilates?

Pilates is a method of physical conditioning with many exercises designed to help develop strength, balance, alignment and symmetry in the body to promote overall well being. Training consistently in Pilates can provide many benefits. With the emphasis it places on the breath, the method can improve lung capacity; both strengthen and increase the flexibility of the muscles of the back and abdomen, commonly known as the core; and improve joint function, posture and the flexibility of the spine. All of these benefits leave the studio and transfer into the tasks we do in every day activities.

When Joseph Pilates created this system of exercise, his intention was to teach individuals how to restore vitality and health to their lives. “...(Pilates exercises) build a sturdy body and sound mind fitted to perform every daily task with ease and perfection as well as to provide tremendous reserve energy for sports, recreation, emergencies.” Joseph Pilates

Pilates is appropriate for all ages and levels of fitness.

### The Pilates Studio at The Solebury Club

At The Solebury Club we have a fully equipped Pilates Studio. We offer mat classes, equipment classes for Reformer and the Pole System, private and semi-private sessions. Our classes are based on traditional technique and are 55 minutes in length.

### Class Descriptions

All Classes, private and semi-private sessions are available to members and non-members. Reservations are required for all classes. Class sizes are limited. Participants wishing to join equipment classes must first complete at least 1-private (2-privates are recommended), unless you have previous experience.

**Mat Class** – The basis of all Pilates work, a series of exercises done on the floor to create long strong muscles, develop core strength and symmetry and improve breathing. Class size maximum 10.

**Power Mat Class** – This is a 30 minute express mat class designed to strengthen your core and move your spine. Class size max 10.

**Mat/Foam Roller** - Stretch, strengthen, and massage your muscles during this mat workout using the foam roller. No previous experience needed. Class size max 10.

**Elastic Strength** - This is a 30 minute workout using elastic bands. It includes traditional strengthening exercises as well as full body movements. Class size max 10.

**Reformer Basics** – This is an introductory class for the Pilates Reformer. No previous experience is needed. This pre-requisite class is currently being offered to prepare the participant for the 55 minute Reformer classes. Class size maximum 4.

**Reformer Class** – Enhances your workout by using the support and resistance of spring tension on a moving platform. Improves muscular balance. Class size limited to 4 participants.

**Pole Class** – Strengthen your arms, legs, core and decompress your joints using this versatile piece of equipment created by Joseph Pilates. The pole system is a wall unit with a mat and features a push-through bar and independently mounted springs. Class size maximum 4.

**Private session** – The best way to focus on your individual training requirements and specific needs. This is a one on one session in the studio. The session can include Mat, Pole, Reformer, Chair or High barrel.

**Semi-Private session** – Two people training simultaneously with one teacher. This is a great way to work on technique and still receive individual attention. The session can include Mat, Pole, Reformer, Chair or High barrel.