

PILATES STUDIO SCHEDULE

MARCH



RANCHO VALENCIA
resort & spa

Pilates classes require advance registration, please contact Spa Reservations at 858.759.6490

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|---|--|
| | 7:00 – 7:50 ADVANCED REFORMER PILATES CARMEL | 7:00 – 7:50 ADVANCED REFORMER PILATES LAUREN | 7:00 – 7:50 ADVANCED REFORMER PILATES NIKKI | 7:00 – 7:50 CADILLAC/ MAT PILATES 2 CARMEL | 7:00 – 7:50 ADVANCED REFORMER PILATES CARMEL | |
| | 8:00 – 9:00 ADVANCED REFORMER PILATES DANIELLE W | 8:00 – 9:00 REFORMER PILATES 2 LAUREN | 8:00 – 9:00 REFORMER PILATES 2 NIKKI | 8:00 – 9:00 CADILLAC/ MAT PILATES 2 NIKKI | 8:00 – 9:00 ADVANCED REFORMER PILATES DANIELLE W | 8:00 – 9:00 REFORMER PILATES 1/2 NIKKI |
| 9:00 – 10:00 MAT PILATES 2/3 ANIKA | 9:00 – 10:00 REFORMER PILATES 2 DANIELLE W | 9:00 – 10:00 ADVANCED REFORMER PILATES LAUREN | 9:00 – 10:00 REFORMER PILATES 2 NIKKI | 9:15 – 10:15 REFORMER PILATES 2 NIKKI | 9:00 – 10:00 CHAIR PILATES 2 DANIELLE W | 9:00 – 10:00 PILATES CIRCUIT NIKKI |
| 10:15 – 11:15 MAT PILATES 2/3 ANIKA | 10:15 – 11:15 PILATES CIRCUIT 2 DANIELLE W | 10:15 – 11:15 PILATES CIRCUIT 2 LAUREN | 10:15 – 11:15 PILATES JUMP BOARD SUZANNE | 10:15 – 11:15 REFORMER PILATES 2 NIKKI | 10:15 – 11:15 CADILLAC/ MAT PILATES 2 SUZANNE | 10:00 – 11:00 ADVANCED REFORMER PILATES NIKKI |
| | 12:00 – 1:00 PILATES JUMP BOARD STACIE | 11:30 – 12:30 MAT PILATES 2/3 SUZANNE | 12:00 – 1:00 REFORMER PILATES 2 STACIE | | 12:00 – 1:00 PILATES JUMP BOARD ANIKA | 11:15 – 12:15 CADILLAC/ MAT PILATES 2 NIKKI |
| | 1:00 – 2:00 PILATES CIRCUIT 2 STACIE | 1:00 – 2:00 REFORMER PILATES 1/2 STACIE | | 1:00 – 2:00 REFORMER PILATES 2 STACIE | 1:00 – 2:00 REFORMER PILATES 1/2 ANIKA | |
| | 2:00 – 3:00 INTRO TO REFORMER PILATES STACIE | | | | 2:00 – 3:00 INTRO TO REFORMER PILATES ANIKA | |
| | | 4:30-5:30 ADVANCED REFORMER PILATES SUZANNE | | 4:15-5:15 REFORMER PILATES 2/3 DANIELLE W | | |
| | | 5:30-6:30 ADVANCED REFORMER PILATES SUZANNE | | 5:30 – 6:30 ADVANCED CADILLAC/MAT DANIELLE W | | |



PILATES CLASS LEVELS

LEVEL 1

Basic, slower-paced introduction to the Pilates reformer that provides the framework upon which all else will build. Suitable for beginners, first timers or those returning to exercise after some time away.

LEVEL 2

Intermediate class that moves at a steady pace. You will be guided through balanced, focused and ever-changing Pilates exercises. Suitable for those with some experience on the Pilates equipment.

LEVEL 3

Challenging class that moves at a brisk pace with less verbal instruction that requires strength and control. The focus is on endurance and higher intensity. Suitable for experienced Pilates students.

PILATES CLASS OFFERINGS

INTRO TO PILATES

You will be introduced to the core principles of Pilates as we explore the different apparatus including the Reformer, Chair and the Cadillac. Maximum of 5 people. No experience necessary.

REFORMER PILATES

This class uses the Pilates Reformer apparatus. With emphasis on rhythmic, flowing sets of movements which increase strength, flexibility and stamina while also improving alignment, balance, coordination and tone. The result of the workout is a uniformly developed body with strong back and abdominal muscles.

CHAIR PILATES

A 50-minute upbeat tempo class, all done on the revolutionary fitness chair that fuses sculpting, flexibility, and cardio. Pre-requisites for this class: private sessions with instructor approval and/or one month prior Reformer or Mat Pilates.

CADILLAC/MAT PILATES

This class helps with strength training by integrating your trunk, pelvis and shoulder girdle all while emphasizing proper breathing. Correct alignment of your spinal cord and pelvis with the incorporation of smooth flowing movement allows you to access each part of your body.

PILATES CIRCUIT

A way to explore the expansive range of Pilates equipment and movements is circuit class—an integration of mat, roller, Cadillac, tower and/or chair all in one 50-minute class.

PILATES JUMP BOARD

This combo class utilizes the Pilates Chair, Standing Arm Springs and the Reformer Jump board. Jump board simulates running and jumping without the stress on the hips, knees and feet. This class incorporates Pilates Reformer technique with Jump board intervals, increasing the heart rate and strengthening the legs without being aggressive on the joints.

CANCELLATION AND NO-SHOW POLICY

Our Pilates classes require sign-up via MindBody Online. You can register for class online or by calling the spa directly at (858) 759-6490. We require 24-hour notice on all cancellations to avoid being charged a \$35 cancellation fee. We utilize cancellation policies to ensure that all guests who would like to participate in specific activities are able to do so.

