

# JULY PILATES SCHEDULE



RANCHO VALENCIA  
resort & spa

Located in Pilates Studio

\*All classes require advance registration via Mindbody, for assistance, please contact Spa Reservations at 858-759-6490

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00 – 7:45 ADVANCED REFORMER PILATES NIKKI	7:00 – 7:45 ADVANCED REFORMER PILATES LAUREN	7:00 – 7:45 ADVANCED REFORMER PILATES NIKKI	7:00 – 7:45 CADILLAC/ MAT PILATES 2 DONNA	7:00 – 7:45 ADVANCED REFORMER PILATES ANIKA	
	8:00 – 8:45 ADVANCED REFORMER PILATES NIKKI	8:00 – 8:45 REFORMER PILATES 2 LAUREN	8:00 – 8:45 REFORMER PILATES 2 NIKKI	8:00 – 8:45 CADILLAC/ MAT PILATES 2 DANIELLE	8:00 – 8:45 ADVANCED REFORMER PILATES DANIELLE W	8:00 – 8:45 REFORMER PILATES 1/2 NIKKI
9:00 – 9:45 MAT PILATES 2/3 ANIKA	9:00 – 9:45 REFORMER PILATES 2 NIKKI	9:00 – 9:45 ADVANCED REFORMER PILATES LAUREN	9:00 – 9:45 REFORMER PILATES 2 NIKKI	9:00 – 9:45 REFORMER PILATES 2 DANIELLE	9:00 – 9:45 REFORMER PILATES 2 DANIELLE W	9:00 – 9:45 REFORMER PILATES 2 NIKKI
10:00 – 10:45 MAT PILATES 2/3 ANIKA	10:00 – 10:45 CADILLAC/ MAT PILATES 2 NIKKI	10:00 – 10:45 REFORMER PILATES 2 LAUREN	10:00 – 10:45 PILATES JUMP BOARD STACIE	10:00 – 10:45 REFORMER PILATES 2 DANIELLE	10:00 – 10:45 CADILLAC/ MAT PILATES 2 SUZANNE	10:00 – 10:45 ADVANCED REFORMER PILATES NIKKI
11:00-11:45 ADVANCED REFORMER PILATES ANIKA	12:00 – 12:45 PILATES JUMP BOARD STACIE	12:00 – 12:45 MAT PILATES 2/3 SUZANNE	11:00 – 11:45 STRETCH and CORE STACIE		12:00 – 12:45 PILATES JUMP BOARD ANIKA	11:00 – 11:45 CADILLAC/ MAT PILATES 2 NIKKI
	1:00 – 1:45 REFORMER PILATES 2 STACIE	1:00 – 1:45 REFORMER PILATES 1/2 SUZANNE	12:00 – 12:45 REFORMER PILATES 1/2 STACIE		1:00 – 1:45 REFORMER PILATES 1/2 ANIKA	
	2:00 – 2:45 INTRO TO REFORMER PILATES STACIE				2:00 – 2:45 INTRO TO REFORMER PILATES ANIKA	
		4:30-5:15 ADVANCED REFORMER PILATES SUZANNE				
		5:30-6:30 ADVANCED REFORMER PILATES SUZANNE				



## 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.

### 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.

### STRETCH and CORE

A way to explore the connection between full body stretching, core strength, and range of motion through apparatus-assisted movement. You will leave feeling lengthened, centered, and balanced.

### 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

All classes require advance registration 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 all guests who would like to participate in specific activities are able to do so. No cancellation penalties will be incurred if you are feeling ill. We ask that you stay home if you are experiencing any symptoms.

