

# JANUARY PILATES SCHEDULE

## Pilates Studio 1 and 2



RANCHO VALENCIA  
resort & spa

\*All classes require advance registration, please contact Fitness Concierge 858-759-6258, fitness@ranchovalencia.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00 – 7:50 ADVANCED REFORMER PILATES NIKKI	7:00 – 7:50 ADVANCED REFORMER PILATES HEATHER	7:00 – 7:50 ADVANCED REFORMER PILATES NIKKI		7:00 – 7:50 CADILLAC/MAT PILATES NIKKI	
	8:00 – 8:50 ADVANCED REFORMER PILATES NIKKI	8:00 – 8:50 CADILLAC/MAT PILATES LAUREN	8:00 – 8:50 ADVANCED REFORMER PILATES NIKKI	8:00-8:50 MAT PILATES- DANIELLE 8:00 – 8:50- Studio 2 CHAIR PILATES-NIKKI	8:00 – 8:50 ADVANCED REFORMER PILATES DANIELLE	8:00 – 8:50 REFORMER PILATES 2 HEATHER
9:00 – 9:50 MAT PILATES 2/3 MARIA	9:00 – 9:50 REFORMER PILATES 2 NIKKI	9:00 – 9:50 ADVANCED REFORMER PILATES LAUREN	9:00-9:50 REFORMER 2- NIKKI 9:00 – 9:50- Studio 2 CHAIR PILATES-DANIELLE	9:00 – 9:50 REFORMER PILATES 2 DANIELLE	9:00 – 9:50 REFORMER PILATES 2 DANIELLE	9:00 – 9:50 ADVANCED REFORMER PILATES HEATHER
10:00 – 10:50 MAT PILATES 2/3 MARIA	10:00 – 10:50 CADILLAC/MAT PILATES NIKKI	10:00 – 10:50 REFORMER PILATES 2 LAUREN	10:00-10:50 JUMP BOARD-JAMIE 10:00-10:50-Studio 2 MAT/CHAIR-DANIELLE	10:00 – 10:50 REFORMER PILATES 2 DANIELLE	10:00 – 10:50 CADILLAC/MAT PILATES SUZANNE	10:00-10:50 REFORMER PILATES 1/2 HEATHER
11:00 – 11:50 ADVANCED REFORMER MARIA			11:00 – 11:50 CADILLAC/MAT PILATES JAMIE	11:00 – 11:50 ADVANCED CADILLAC/MAT PILATES DANIELLE		11:00-11:50 CADILLAC/MAT PILATES HEATHER
	12:00 – 12:50 PILATES JUMP BOARD SUZANNE	12:00 – 12:50 MAT PILATES 2/3 SUZANNE	12:00 – 12:50 CADILLAC/MAT PILATES JAMIE		12:00 – 12:50 PILATES JUMP BOARD JAMIE	
	1:00 – 1:50 REFORMER PILATES 2 SUZANNE	1:00 – 1:50 REFORMER PILATES 2 SUZANNE	3:00-3:45 REFORMER PILATES 2 JAMIE		1:00 – 1:50 REFORMER PILATES 1/2 JAMIE	
	2:00 – 2:50 INTRO TO REFORMER PILATES SUZANNE	4:00 – 4:40 ADVANCED REFORMER PILATES SUZANNE	4:00-4:50 ADVANCED REFORMER PILATES JAMIE		2:00 – 2:50 INTRO TO REFORMER PILATES JAMIE	
		5:00 – 5:50 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.

### ADVANCED

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 apparatus. 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.

### PILATES 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.

### CHAIR PILATES

**A 50-minute upbeat tempo class, all done on the revolutionary Pilates chair that fuses sculpting, flexibility, and cardio. Not recommended for beginners**

### 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.

