

# OCTOBER PILATES SCHEDULE


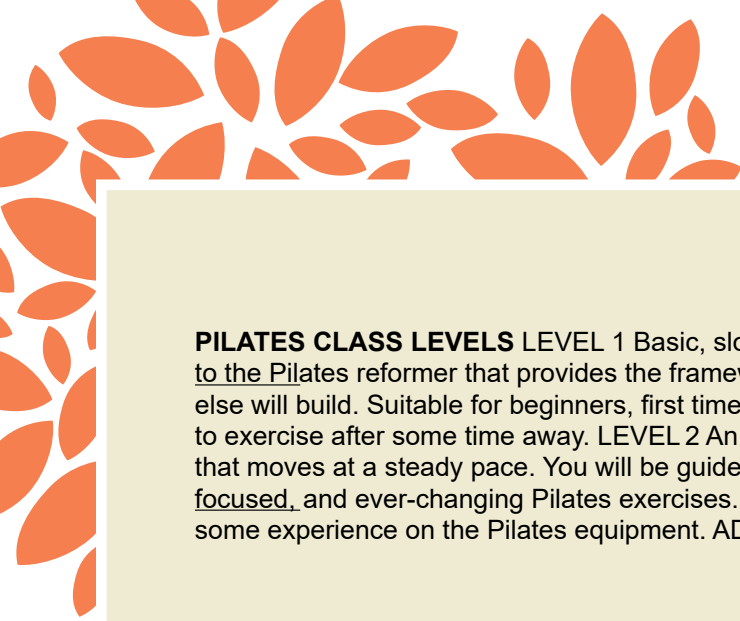
Pilates Studio



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
			6:00 – 6:50 ADVANCED REFORMER PILATES NIKKI		6:00 – 6:50 ADVANCED REFORMER PILATES NIKKI	
	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 INTERMEDIATE TOWER- MAT PILATES NIKKI	
	8:00 – 8:50 ADVANCED REFORMER PILATES NIKKI	8:00 – 8:50 INTERMEDIATE TOWER- MAT PILATES MARIANN	8:00 – 8:50 ADVANCED REFORMER PILATES NIKKI	8:00 – 8:50 INTERMEDIATE MAT PILATES DANIELLE	8:00 – 8:50 ADVANCED REFORMER PILATES DANIELLE	8:00 – 8:50 INTERMEDIATE REFORMER PILATES MARIANN
9:00 – 9:50 INTERMEDIATE MAT PILATES MARIANN	9:00 – 9:50 INTERMEDIATE REFORMER PILATES NIKKI	9:00 – 9:50 ADVANCED REFORMER PILATES MARIANN	9:00 – 9:50 INTERMEDIATE REFORMER PILATES NIKKI	9:00 – 9:50 INTERMEDIATE REFORMER PILATES DANIELLE	9:00 – 9:50 INTERMEDIATE REFORMER PILATES DANIELLE	9:00 – 9:50 ADVANCED REFORMER PILATES MARIANN
10:00 – 10:50 INTERMEDIATE MAT PILATES MARIANN	10:00-10:50 INTERMEDIATE TOWER- MAT PILATES NIKKI	10:00 – 10:50 INTERMEDIATE REFORMER PILATES MARIANN	10:00 – 10:50 BEGINNER REFORMER PILATES JAMIE	10:00 – 10:50 INTERMEDIATE REFORMER PILATES DANIELLE	10:00 – 10:50 INTERMEDIATE TOWER- MAT PILATES SUZANNE	10:00-10:50 INTERMEDIATE REFORMER PILATES MARIANN
11:00 – 11:50 ADVANCED REFORMER MARIANN		12:00 – 12:50 INTERMEDIATE MAT PILATES SUZANNE	11:00 – 11:50 INTERMEDIATE TOWER- MAT PILATES JAMIE	11:00 – 11:50 ADVANCED TOWER/MAT PILATES DANIELLE		11:00-11:50 INTERMEDIATE TOWER- MAT PILATES MARIANN
	12:00-12:50 ADVANCED PILATES JUMP BOARD SUZANNE	1:00 – 1:50 INTERMEDIATE REFORMER PILATES SUZANNE	12:00 – 12:50 INTERMEDIATE TOWER- MAT PILATES JAMIE		12:00 – 12:50 INTERMEDIATE REFORMER PILATES JAMIE	
	1:00 – 1:50 INTERMEDIATE REFORMER PILATES SUZANNE	4:00 – 4:50 ADVANCED REFORMER PILATES HEATHER	3:00 – 3:50 INTERMEDIATE REFORMER PILATES JAMIE		1:00 – 1:50 BEGINNER REFORMER PILATES JAMIE	
	2:00-2:50 BEGINNER REFORMER PILATES SUZANNE	5:00 – 5:50 ADVANCED REFORMER PILATES HEATHER	4:00 – 4:50 ADVANCED REFORMER PILATES JAMIE		2:00 – 2:50 BEGINNER REFORMER PILATES JAMIE	



**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 An 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. Class will focus 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 fitness center directly at (858) 759-6258. We kindly request 24 hours notice on all cancellations to ensure all guests who would like to participate in specific activities are able to do so. We ask that you stay home if you are feeling ill or experiencing any symptoms.

