NOVEMBER PILATES SCHEDULE PILATES STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:00 – 6:50 ADVANCED REFORMER PILATES HEATHER		6:00 – 6:50 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 DANIELLE	8:00 – 8:50 INTERMEDIATE TOWER/MAT PILATES MARIANN	8:00 – 8:50 ADVANCED REFORMER PILATES NIKKI	8:00 – 8:50 INTERMEDIATE TOWER/MAT PILATES DANIELLE	8:00 – 8:50 ADVANCED REFORMER PILATES DANIELLE	8:00 – 8:50 INTERMEDIATE REFORMER PILATES MARIA
9:00 – 9:50 INTERMEDIATE TOWER/MAT PILATES MARIANN	9:00 – 9:50 INTERMEDIATE TOWER/MAT PILATES DANIELLE	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 MARIA
10:00 – 10:50 INTERMEDIATE TOWER/MAT PILATES MARIANN	10:00-10:50 INTERMEDIATE REFORMER PILATES ANIKA	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 MARIA
11:00 – 11:50 ADVANCED REFORMER MARIANN	11:00-11:50 ADVANCED REFORMER PILATES ANIKA		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 MARIA
12:00 – 12:50 INTERMEDIATE REFORMER PILATES MARIANN	12:00-12:50 ADVANCED PILATES JUMP BOARD SUZANNE	12:00 – 12:50 INTERMEDIATE TOWER/MAT PILATES SUZANNE	12:00 – 12:50 INTERMEDIATE TOWER/MAT PILATES JAMIE		12:00 – 12:50 INTERMEDIATE REFORMER PILATES MARIA	
	1:00 – 1:50 INTERMEDIATE REFORMER PILATES SUZANNE	1:00 – 1:50 INTERMEDIATE REFORMER PILATES SUZANNE	1:00 – 1:50 ADVANCED REFORMER PILATES JAMIE		1:00-1:50 BEGINNER REFORMER PILATES MARIA	
	2:00-2:50 BEGINNER REFORMER PILATES SUZANNE	4:00 – 4:50 ADVANCED REFORMER PILATES HEATHER	3:00 – 3:50 INTERMEDIATE REFORMER PILATES MARIANN		2:00-2:50 BEGINNER REFORMER PILATES MARIA	
		5:00 – 5:50 ADVANCED REFORMER PILATES HEATHER	4:00 – 4:50 ADVANCED REFORMER PILATES MARIANN			

NOVEMBER PILATES SCHEDULE

Pilates Studio

RANCHO VALENCIA
resort & spa

PILATES CLASS LEVELS

Beginner: 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.

Intermediate: 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

BEGINNER 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.

TOWER/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.

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