

Swanone

PILATES & TRAINING STUDIO

353 Main Street Kentville
www.sherryswanburg.com

March 5, 2018-May 4, 2018 (8weeks)

Time	Mon	Tues	Wed	Thurs	Fri
12-1pm	Weight Workout Must register		Pilates on the Ball! Stability & core ball, with props	TRX	Pilates Posture Functional Flow (with props)
5:00pm- 6:00pm		Weight Workout Must register	5:00-6:30 Tissue Care (Pilates Foam Roller and ball rolling)	Weight workout Must register	
6:15pm- 7:15pm		TRX & Cardio Max 8 Must register		TRX & Cardio Max 8 Must register	

No classes the week of April 2-April 6, 2018. No Friday classes-March 9, March 30 (Good Friday) and May 4. No noon TRX, 5:15pm weight class and 6:15pm TRX class on Thursday April 26

1. Cost for only Monday weight class \$104.65+HST=119.60
2. Cost for Monday weight class plus Thursday weight or TRX class \$180.00+HST=\$207.00
3. Cost for Tuesday only weight class or Tuesday only TRX class \$104.65+HST=\$119.60
4. Cost for Tuesday & Thursday weight or TRX class=\$180.00+HST=\$207.00
5. Cost for only Thursday weight or TRX class \$91.00+HST=\$104.65

Pilates on the Ball (8 classes), Tissue Care (Foam Roller Pilates) (8 classes), Pilates Functional Flow and Functional Training (6 classes)

All above classes are \$10.00 per class. Over the 8 week schedule add up the number of classes you will be attending and multiple by \$10.00 per class for the cost. **All classes subject to HST**

You may make up missed classes by attending any other class (exception TRX & Weight classes).

Drop in fee \$20.00 per class

Whatever classes you do not pay for by **Monday March 12, 2018** will be subject to the drop in fee of \$20.00...please count up carefully the classes you will attend, any other class you add on after this time will cost \$20.00 per class instead of the \$10.00

I take cash, cheque, Visa, MasterCard, Amex or email transfer (email transfer password: Pilates); please make cheques payable to Sherry Swanburg; no refunds will be issued for missed classes.

CLASS DESCRIPTIONS

Pilates on the Ball!

The use of the stability and core ball, along with other training tools, provide the challenge necessary to strengthen and tone your abdominals. Additionally, greater levels of stability, balance and flexibility are achieved as a result of this workout. This class is a total body workout that can accommodate all levels; particularly good for those with back problems. Come and see if you are up for the challenge. ***Please bring your water bottle.***

Tissue Care (using foam roller, rolling balls)

Using tools such as the foam roller, various rolling balls, and Pilates mindful movements, the body's tissues are hydrated and coaxed to move out of tight patterns that cause pain and restrictions and instead into more ease with movement, promoting greater relaxation and healing for injuries within the body. Pilates movements are performed on the foam roller, providing a focus on good posture, and alignment as well as core training. Exercises performed on the foam roller provide a "massage" for the body which increases lymphatic drainage and promotes overall relaxation. ***Please bring your water bottle.***

Pilates Posture-Functional Flow

With the progression of time, the muscles that hold us in good posture can weaken; this class will build endurance in those muscles which provide you with good posture, whether standing still, moving or being seated. If you suffer from back, neck, knee or hip problems, this class will provide you with the training to support those areas. There is an emphasis on training in a balanced progression and cueing for proper alignment and breathing technique. Balance and core training are other important components that are trained in class. Modifications are provided for those who are new to class or for those with injuries. ***Please bring your water bottle.***

TRX & Cardio (must pre-register)

This is a suspension training system which uses your own bodyweight to develop strength, power, endurance, mobility, balance, flexibility, and the best abs you have ever had! Kettle bell exercises and cardio are added to the workout as drills. ***Please bring your water bottle and indoor sneakers. Max 8***

Weight Workout (must pre-register)

Build bone density; increase your overall strength, tone and energy with a weight workout. Training with weights is also an important component to maintaining a healthy body weight as we age. Core training, flexibility, balance and cardio drills will be incorporated into class. ***Please bring your water bottle and indoor sneakers. Max 15***