



353 Main Street Kentville

www.sherryswanburg.com

September 4-October 26, 2018 (8 weeks)

Time	Mon	Tues	Wed	Thurs	Fri
12-1pm	Weight Workout FULL		Tissue Care/Core (Pilates with Foam Roller & Stability ball)	TRX FULL	Pilates Posture-Functional Flow
5:00pm-6:00pm		Weight Workout <i>Must register</i>	5:00-6:30 Tissue Care (Pilates with Foam Roller)	Weight Workout <i>Must register</i>	
6:15pm-7:15pm	TRX <i>Must register</i>	TRX <i>Must register</i>			

No classes on Sept 12, 13, 14 & Sept 26, 27, 28 & October 8 Thanksgiving

Number of Wed classes (6) (noon & 5pm)

Number of Friday classes (6)

1. Cost for only Monday weight/TRX class \$78.00+HST=\$**89.70**
2. Cost for Monday weight or Monday TRX class **plus** Thursday noon TRX or 5pm weight class \$144.00+HST=\$**165.60**
3. Cost for only Tuesday weight class@5pm **or** Tuesday TRX@6:15pm \$104.00+HST=\$**119.60**
4. Cost for Thursday only weight class@5pm \$78.00+HST=\$**89.70**
5. Cost for Tuesday 5pm Weight class or 6:15pm TRX class **plus** Thursday weight class \$168.00+HST=\$**193.20**

Total up the number of Pilates classes and add 15% tax. All classes must be paid in full **on or before September 10, 2018 to receive the \$10.00/class fee. Fee becomes \$20.00/class after Sept 10. .**

Drop in fee \$20.00 per class

Payment can be made by cash, cheque, Visa, MasterCard, Amex or e-transfer; please make cheques payable to Sherry Swanburg; no refunds will be issued for missed classes.

CLASS DESCRIPTIONS

Tissue Care (Pilates with Foam Roller & Stability Ball) @ 12 noon

This class will use the stability ball to build strength and endurance while adhering to good postural alignment with a focus on core training. The foam roller will complement the workout by releasing tightness in muscles and tissues, creating a “massage like” effect for the whole body. The focus in this class is to maintain good postural alignment throughout all movements, and to support the body into a relaxed and rejuvenated state.

Please bring your water bottle.

Tissue Care (Pilates with foam roller)@5pm

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***