



www.sherryswanburg.com

January 7 - March 1, 2019 (8weeks)

Time	Mon	Tues	Wed	Thurs	Fri
9:30am-10:30am			THRIVE Cancer Care Class Begins Feb 6 Must register		
10:15am-11:15am		TRX/Barre Max 8 Begins Jan 22 Must register			
12-1pm	Weight Workout Must register		Tissue Care Pilates Foam Roller & Stability ball	TRX	Pilates Posture Functional Flow
4:30pm-5:30pm				Weight Workout Must register	
5:00pm-6:00pm		Weight Workout Must register	Tissue Care Pilates Foam Roller and props 5-6:30pm		
6:15pm-7:15pm	TRX & Cardio Max 8 Must register	TRX & Cardio Max 8 Must register			

No Monday weight class on February 18, 2019 (Heritage Day)

1. Cost for only Monday weight or Monday TRX class \$91.00 + tax=\$104.65 (7 classes due to Heritage Day Feb 18)
2. Cost for Monday weight class plus either weight or TRX class \$180.00+HST=\$207.00
3. Cost for only Tuesday or Thursday Weight class or Tuesday TRX class \$104.65+HST=\$119.60
4. Cost for both evening weight classes \$192.00+tax=\$220.80
5. Cost for TRX/Barre class \$78.00+HST=\$89.70 (includes Intro class on Jan 15@10am) *if combining this class with any other class please contact me for cost.*

Tissue Care Pilates Foam Roller & Stability Ball/Props (8 classes), Pilates Functional Flow and Functional Training (8 classes)

The Wednesday noon and 5pm along with Friday noon 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. **Please add HST** ****You may make up missed classes by attending any other class (depending on space availability for TRX & Weight classes).**

Drop in fee \$20.00 per class

Whatever classes you do not pay for by **Monday January 14, 2019** 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. 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! All exercises can be done standing. Kettle bell exercises and cardio (**HIIT training**) 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 (**HIIT training**) will be incorporated into class.

Please bring your water bottle and indoor sneakers. Max 15

THRIVE Cancer Care Class

As a **Thrive Cancer Exercise and Yoga Instructor**, I am qualified to train those at any point of the cancer journey. Movements specific for those going through cancer, will be provided with the focus on a safe and supportive environment. Movements to gently build strength, endurance and cardiovascular fitness will be provided; helping to decrease fatigue and the negative side effects of treatment. ***Must register***

TRX/Barre Class

This class combines Pilates, Yoga and Ballet moves to build a graceful aligned posture, through increased strength, endurance, flexibility, agility and beautifully sculpted muscles. Both Barre and TRX will be used during the class. Sneakers will be necessary for part of the class and bare feet or socks for other portion of class. No experience in any of the above training styles is necessary for this class.

This class will focus on mindful, slow movements, appropriate for all levels. Max 8- must register

Intro to this class will be held on Tuesday January 15@10am.