



[www.sherryswanburg.com](http://www.sherryswanburg.com)

March 4, 2019-May 3, 2019 (9weeks)

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

**No classes on Wed April 10, Thursday April 11, Friday April 12, Monday April 15.  
No class on Friday April 19-Good Friday**

1. Cost for only Monday weight or Monday TRX class \$104.00+ tax=\$119.60
2. Cost for Monday weight class **plus** either Thursday weight or TRX class \$192.00+HST=\$220.80
3. Cost for **only** Tuesday Weight class **or** Tuesday TRX class \$117.00+HST=\$134.55
4. Cost for only Thursday TRX or weight class \$104.00+tax=\$119.60
5. Cost for Tuesday & Thursday weight or TRX class \$204.00+HST=\$234.60

**Tissue Care Pilates Foam Roller & Stability Ball/Props (8 classes), Pilates Functional Flow and Functional Training (7 classes) and Barre (9 classes)**

All classes listed above are \$10.00/class. Over the 9 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 March 11, 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 etransfer. 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 may be causing pain and restriction. Pilates movements are performed on the foam roller, providing a focus on good posture, alignment during execution of movements and building core endurance. 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 & Cardio 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***

### **Barre Class (pre-registration is required, 8 Max)**

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 (for balance only) during the class, along with toning balls and small core balls. Bare or sock feet are recommended for class.

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