

CA Group Pilates Classes

at Columbia Gym

Effective March 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am						Intro Reformer (3/11 only) FREE	NEW TIME Intro Reformer (3/5 only) FREE
9:15am						NEW Jumpboard Pilates Workshop (3/18 only) \$	
9:30am						Reformer Lvl. 1/2 \$ (3/11 and 3/25 only)	NEW TIME Reformer Lvl.1 (3/5 and 3/19 only) \$
10:30am	Dynamic Duo Lvl. 1 (Reformer and Tower) \$		Perfect Pair Lvl. 1 (Reformer and Chair) \$		Reformer Lvl. 1/2 \$	NEW Jumpboard Pilates Workshop (3/18 only) \$	
12:00pm		Reformer Lvl. 1 \$		NEW Core Power Pilates Lvl.1 \$			
5:15pm		Reformer Lvl. 2/3 \$	NEW Intro Reformer (3/15 only) FREE				
5:30pm				NEW Reformer Lvl. 1 \$			
6:15pm			Reformer Lvl. 1/2 \$				

For safety and courtesy, refrain from entering class once it has started.

How often should a student practice Pilates?

Ideally, a student should practice Pilates two to three times a week to achieve maximum benefit. Pilates becomes more difficult as a student advances. With practice, the body is trained to engage the proper firing pattern and to avoid cheating whereby the wrong muscle acts as a substitute.

Why are Pilates classes fee based?

Pilates classes involve a carefully designed sequence of over 500 exercises to engage the body and mind. Due to the limited class size and personal attention, Pilates is a specialized form of personal training. Register at the front desk or online at ColumbiaAssociation.org.

Columbia Gym • 410-531-0800
6151 Day Long Lane
Clarksville, 21029

GROUP CLASS DESCRIPTIONS

Core Power Pilates (Reformer and TRX) \$ • 55 min

Combine bodyweight suspension training on the TRX straps with spring resistance training on the Pilates reformer to get the ultimate core workout! Build strength, improve balance and gain flexibility in this dynamic pairing.

Intro Reformer • 30 min • FREE

Recommended for students with little to no Pilates experience before attending a group Reformer class. Open to first time users only.

Reformer \$ • 55 min

The Reformer, the most popular piece of equipment, is one of Joseph Pilates' original inventions. Beginning exercise in the horizontal plane relieves stress and strain on joints and aligns the body before adding more gravitational forces while standing, sitting, or kneeling. Challenge yourself as you lengthen and strengthen your entire body, working with spring resistance on a movable surface. Classes offered at different levels.

Level 1: Recommended for students with little or no experience.

Level 1/2: Recommended for students with some experience.

Level 2/3: Recommended for advanced students. Speak with Pilates instructor before attending.

Dynamic Duo (Reformer and Tower) \$ • 55 min

Exercise on the Pilates reformer as well as the Pilates tower using springs and bars or added assistance or resistance. Designed to lengthen and strengthen, working the deepest core muscles.

Perfect Pair (Reformer and Chair) \$ • 55 min

Get the best of both! Class includes spring resistance training to create strength and stability. Challenge yourself with this newly crafted combo, forcing your deep stabilizers into greater action.