

WEEKLY SCHEDULE

thank you for your interest in salt Pilates! classes are 50 minutes in length. our experienced instructors will guide you through movements developed by Joseph Pilates to "strengthen, lengthen and tone muscles, tendons & bone." we also offer private & semi-private sessions to meet your individual needs.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6a		machines 2 Krysti	machines 1 {+ props} Brandi	machines 2 Brandi		
9a	machines 1 Mychelle	stretch & release Brandi	machines 2 Brandi	machines 1 Brandi	machines 2 Linsey	machines 2 Rotating
10a					machines 1 Linsey	machines 1 Rotating
5:30p/5p	machines 2 (5:30p) Brandi	machines 1 (5p) Krysti	machines 2 (5:30p) Mychelle	machines 1 (5:30p) Beth		
6p		machines 1 {+props} Krysti				

MACHINES 1 & 2

this class is designed to improve strength, flexibility, balance and stability. in addition to the reformer, stability balls, rings, dynabands, & other props are used to enhance the class. **LEVEL 1** is designed for those who are new to Pilates or new to the reformer, as well as for those returning from surgery or injury. **LEVEL 2** is designed for regular practitioners and for those looking for a challenge!

STRETCH & RELEASE

this class will take you through a series of stretches for the entire body. we will use the reformer, tower & barrels to lengthen our muscles, then move to the mat for foam rolling & myofascial work to relieve muscle strain & tension. essential oils are diffused to facilitate relaxation. **ALL LEVELS** welcome.

MACHINES {+ props}

this class will combine the use of small props, including stability balls, rings, poles, tower springs and more, with traditional exercises on the reformer to strengthen & tone and to work on stabilizing joints.

{by appointment}

PRIVATE & SEMI-PRIVATE

schedule a private session with a certified pilates instructor for individualized one-on-one instruction. perfect for working through an injury or strengthening your technique. semi-private duets & triplets can also be scheduled. 30 or 60 minutes.

"in 10 sessions, you'll feel a difference; in 20 sessions, you'll see a difference; and in 30 sessions, you'll have a whole new body!"

~ joseph pilates