



FITNESS CLASS SCHEDULE

Monday	8:30 – 9:30 AM	MATWORK
Tuesday	8:30 – 9:30 AM	PILATES FUNDAMENTALS
Wednesday	8:30 – 9:30 AM	STRENGTH CONDITIONING
Thursday	8:30 – 9:30 AM	MATWORK
Friday	8:30 – 9:30 AM	CORE & MORE
Saturday	8:30 – 9:30 AM	STRENGTH CONDITIONING

Individual group session **\$15** +tax

Half hour group session **\$10** +tax

6 Class Pass **\$60** +tax

Member Monthly Class Pass **\$75** +tax

Monthly Class Pass **\$120** +tax

Private sessions available by appointment.

INSTRUCTOR: JAYLIN PEACOCK

ACE Certified Group/Personal Fitness Trainer/Coach

INSTRUCTOR: RENEE SEGALT

Power Pilates Certified

INSTRUCTOR: ERIC UNDERWOOD

Pilates Certified



MATWORK

(60 minutes)

Mondays and Thursdays: 8:30am-9:30am

A class designed to lengthen and strengthen muscles with an emphasis on the core. We begin with some continuous movement of the large and small muscle groups to warm targeted areas of the body and increase its range of motion and intertwine body weight exercises and the fit ball to include SMR work.

PILATES FUNDAMENTALS

(60 minutes)

Tuesdays: 8:30am-9:30am

An authentic Pilates Mat work class is designed to focus on the connection between the powerhouse and the rest of the body through exercises based on Joseph Pilates classical Mat format. Movements are executed with precision and control training the body and mind to work together. Mat exercises require an amount of core control stretching one muscle group while strengthening another, which results in toning the body without adding bulk.

STRENGTH CONDITIONING

(60 minutes)

Wednesdays and Saturdays: 8:30am-9:30am

This is a multi-leveled class utilizing a repertoire of some of the most powerful collection of exercises. An emphasis is placed on integrative or functional training allowing the student to make gains in their most daily functions and provide a foundation and building blocks to obtain a specific goal. Our toolbox includes the use of exercise bands, dumbbells, a fitness ball as well as the body's own weight.

CORE & MORE

(60 minutes)

Fridays: 8:30am-9:30am

Incorporating years of Broadway dance and Pilates training, Eric's class will focus on strengthening the core, work on balance as well as utilizing a variety of stretch techniques. Many of these exercises may be applied to your home regimen.