

Pilates schedule Fall 2010

Pilates is a system of exercises designed by Joseph Pilates to work the deep core muscles of the body increasing performance in athletics and daily life. Brilliantly, it can flatten your abs, shape your buttocks and legs, increase strength, invigorate the mind, and improve posture, balance and coordination. Please call the facility to register: Columbia Athletic Club (AC) 410-730-6744; Columbia Gym (CG) 410-531-0800; Supreme Sports Club (SSC) 410-381-5355.

Class	Class Size	Time	Commitment	Cost	Prerequisite
<i>For non-members, the 6 week mat class would be \$135 (1.5 x the club member rate); Reformer sessions are \$10 more per session than the member rate; Chair classes are 1.5 times the member rate.</i>					
Mat	14	45 minutes	6 wk	DBS \$81/Club \$90	None
Reformer	4	55 minutes	6 wk/12 wk	\$180/\$300	3 private or 6 wk mat class
MVe™ Chair	4	45 minutes	3 wk/6 wk	\$54/\$96	None
Jump'n Chair	4	45 minutes	6 wk	\$108	3 private or 6 wk mat class
MONDAY					
8:30am	Mat I/II	AC	Studio 2	Stella	6 Week • Sep 13, Nov 1
9:30am	Reformer I/II	AC	Pilates Studio	Stella	12 Week • Sep 13
10am	Jump'n Chair	SSC	Pilates/Yoga Studio	Vicki	6 Week • Sep 13, Nov 1
10:30am	Reformer I/II	AC	Pilates Studio	Stella	6 Week • Sep 13, Nov 1
7pm	Mat I/II	CG	Studio 3	Pat	6 week • Sep 13, Nov 1
TUESDAY					
7am	Mat I	AC	Studio 2	Dawn	6 Week • Sep 14, Oct 27
8:30am	MVe™ Chair	CG	Studio 1	Stella	3 Week • Sep 14, Oct 12, Nov 2, Nov 30
9:30am	Mat I/II	SSC	Pilates/Yoga Studio	Karen	6 Week • Sep 14, Oct 27
10:30am	Reformer I	SSC	Pilates/Yoga Studio	Karen	6 Week • Sep 14, Oct 27
6:15pm	Mat II/III	SSC	Pilates/Yoga Studio	Susan	6 Week • Sep 14, Oct 27
6:30pm	Reformer I/II	AC	Pilates Studio	Pat	12 Week • Sep 14
7:30pm	Ref for Couples	AC	Pilates Studio	Pat	12 Week • Sep 14
WEDNESDAY					
8:15am	Jump'n Chair	SSC	Pilates/Yoga Studio	Karen	6 Week • Sep 15, Nov 3
8:30am	Mat II/III	AC	Studio 2	Stella	6 Week • Sep 15, Nov 3
1pm	Reformer I/II	AC	Pilates Studio	Stella	6 Week • Sep 15, Nov 3
5:30pm	Reformer I	AC	Pilates Studio	Dawn	6 Week • Sep 15, Nov 3
6pm	Jump'n Chair	SSC	Pilates Studio	Vicki	6 Week • Sep 15, Nov 3
7:45pm	Mat I/II	SSC	Pilates/Yoga Studio	Karen	6 Week • Sep 15, Nov 3
THURSDAY					
5:30am	Reformer I/II	AC	Pilates Studio	Pat	12 Week • Sep 16
6:45am	Reformer I	AC	Pilates Studio	Dawn	6 Week • Sep 16, Nov 4
8:15am	Mat I/II	SSC	Pilates/Yoga Studio	Susan	6 Week • Sep 16, Nov 4
8:30am	MVe™ Chair	CG	Studio 1	Stella	3 Week • Sep 16, Oct 14, Nov 4, Dec 2
9:30am	Mat I/II	AC	Studio 2	Vicki	6 Week • Sep 16, Nov 4
6pm	Mat I/II	SSC	Yoga Studio	Karen	6 Week • Sep 16, Nov 4
6:30pm	Reformer I/II	AC	Pilates Studio	Pat	12 Week • Sep 16
7:30pm	Ref for Couples	AC	Pilates Studio	Pat	12 Week • Sep 16
7:45pm	Mat/MVe™ Chair	CG	Studio 1	Karen	6 Week • Sep 16, Nov 4
FRIDAY					
9:30am	Reformer I	AC	Pilates Studio	Susan	6 Week • Sep 17, Nov 5
10:45am	Mat I/II	CG	Martial Arts Studio	Stella	6 Week • Sep 17, Nov 5
12pm	MVe™ Chair	CG	Studio 1	Stella	3 Week • Sep 17, Oct 15, Nov 5
SATURDAY					
9am	Reformer I	AC	Pilates Studio	Vicki	6 Week • Sep 18, Nov 6
9:15am	Mat II/III	SSC	Pilates/Yoga Studio	Karen	6 Week • Sep 18, Nov 6
10am	Reformer I	AC	Pilates Studio	Pat	12 Week • Sep 18
10:15am	Reformer I/II	SSC	Pilates/Yoga Studio	Karen	6 Week • Sep 18, Nov 6
11am	Reformer I/II	AC	Pilates Studio	Pat	12 Week • Sep 18

Mat Learn classical sequences of a Pilates routine on a floor mat.

Reformer Experience Pilates movements on equipment with springs for resistance.

MVe™ Chair Pilates movements on a chair with springs for resistance to challenge balance and control.

Jump'n Chair A class that combines Pilates on the chair with an aerobic component on the jumpboard using springs for added resistance while on the Reformer.

Mat'n Chair A class that combines movements on both mat and chair.

Members may take private or individual sessions, or arrange their own small groups of duets, trios or quads with an available instructor. *For more information, please call Vicki Burns at 410-730-6744, Ext 2407 or Stella Fanzone at 410-730-6744, Ext 2450.*