



# PAINT CREEK PILATES STUDIO SUMMER 2010 SCHEDULE



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			Mat		Reformer		
7:00 AM			Mat		Reformer		
8:15 AM			Reformer		Reformer		
9:00 AM				Mat			
9:45 AM							Mat
10:00 AM				Mat			
10:15 AM						Reformer	

**MAT:** You will learn the basic principles of Pilates and how to perform the Stott Pilates Essential and Intermediate Mat exercises. This class will focus on achieving more flexibility, gaining core strength, and over all muscle tone.

**REFORMER:** Reformer Level One will teach and guide you through the Stott Pilates Essential Reformer repertoire. The reformer adds additional resistance through the use of springs to provide greater work to the extremities while intensifying the challenge to the core.

**EQUIPMENT CLASS:** Combo class of Mat & Reformer using props: Arc Barrels, Fitness Circles, Flex Bands, Toning Balls, etc. It's a full body workout with all the bells and whistles.

**CARDIO REFORMER:** Innovative jumpboard combinations separated with intervals of upper and lower body strength and flexibility exercises on the Reformer. This ultimate cardio/strength interval class will offer a great core challenge. You need prior Pilates experience to take this class.

Drop-ins are always welcomed at the Paint Creek Pilates Studio. Reservations are needed for Reformer, Equipment, and Cardio Reformer classes. To hold your spot, call Sandy (248-390-3031). Purchase single, five, or ten class sessions to be used at your convenience. Your first package is 10% off; flip schedule over to view our price menu. Recommended attire for Pilates classes: form fitting athletic wear with socks or bare feet.