

Summer 2019 Pilates & Gyrokinesis Group Class Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---------|--------------------------|----------------------|------------------|------------------------|------------------|--|
| 6 AM | | | | | Mat: Kristen | |
| 7 AM | Oov Janet | | Bev Mix App | Mat: Bev | | |
| 8 AM | Gyrokinesis® Gretchen | Deb Mix App | Janet Mix App | Deb Mix App | Deb Mix App | |
| 9 AM | Bev Mix App | Buff Bones Deb | Bev Mix App | Buff Bones Deb | Janet Mix App | |
| 10 AM | Janet Mix App | | Oov Gretchen | Mat 10:10 Gym Terri | Janet Mix App | |
| 12 PM | | | Deb Mix App | | | |
| 1 PM | | Restorative Terri | Janet Mix App | | | |
| 3:30 PM | | Mat: Janet | | Terri Mix app | | |
| 5 PM | Bev Mix App | | Bev Mix App | | | |
| 6 PM | Molly Mix App | | | | | |
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Class Description

Apparatus classes have a small fee and are located in the Pilates Studio, ONLINE registration is available, see the Service Desk for access. For customized placement, please contact the studio at 847-620-4514. Individual training is also available for personalized movement training.

Buff Bones® The movement system for fit bones, using bone strengthening and balancing techniques along with Pilates, functional movement, strength training and therapeutic exercise. Safe for low bone density and osteoporosis.

Gyrokinesis®: Involves the use of stools and mats to perform movements based on swimming, Tai chi, yoga and dance. Participants will feel rejuvenated, limber, and taller with improved balance and posture

Mixed Apparatus: Classes in the studio may include the use of: reformer, tower, chair, barrels, Oov, mat and small props. The class format and intensity level is based on attendees and the discretion of the instructor. Classes sizes are limited to 5 to accommodate the client' goals and requests with each visit.

Restorative: Gentle movement with the assistance of Pilate's equipment, adaptations offered to allow movement for all bodies.



Pilates Mat: Dynamic movement using your own body's resistance. Integrating mind, body and breath with a focus on alignment, balance, core control and spinal articulation. **Mat classes are free with membership and held in the Group Ex or gym.**