

FWCP Group Class Schedule

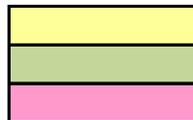
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SUMMER 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30						
7:30						
8:30	Beginner/Intermediate Tower <i>Laura</i>	Intermediate Reformer <i>Laura</i>	Beg/Int Mat w Props <i>Laura</i>	Intermediate Tower <i>Laura</i>	Beginner/Intermediate Reformer <i>Laura</i>	Beginner/Intermediate Tower <i>Laura</i>
9:00						
9:30	Intermediate/Advanced Tower <i>Laura</i>		Intermediate/Advanced Reformer <i>Laura</i>		Beg/Int Mat w Props <i>Laura</i>	
10:30						
11:30						
12:30						
1:30						
2:30						
3:30						
4:30						
5:30						
6:30						

Mat w/Props
Tower
Reformer



Class Pricing:

Ind	\$25
5-card	\$115
10-card	\$225

Instructors are subject to change

CLASS DESCRIPTIONS:

MAT W/PROPS CLASSES



Performed with just your own body plus props such as Magic Circle, Arm Weights, Weighted Bars, Barrels, and more...

this class will focus on the Classical Mat work while aiding in strengthening your connectivity through the use of the props.

Joseph Pilates designed the Mat work first and the rest of the work developed from there. The Mat work was designed to follow a set sequence, where one exercise prepares the body to perform the next exercise. As a beginner, you will learn the basic fundamental exercises that will carry you through the whole system. As you progress, more exercises will be incorporated into the sequence. Because the Mat is performed without the springs and apparatus for support and assistance, it truly takes the most control. It is also a great way for learning the fundamentals of the work. *Limit 8 per class*

TOWER CLASSES



Performed on the Tower/Wall Units that emulate the Cadillac, these classes offer the support and resistance of the springs. Tower classes are a great way to practice on the equipment while still building on the fundamentals of the Mat work. If you are new to equipment work or want to enrich your Mat work, this is a great option! *Limit 4 per class*

REFORMER CLASSES



Performed on the Pilates Reformers, these classes will become the foundation of your Pilates practice. Like the Mat work, the Reformer is designed to follow a set sequence. You will begin learning the basic series and incorporate new exercises as you progress. Even the most basic exercise when performed with precision and purpose is incredibly challenging. *Limit 4 per class*