

# CLASS DESCRIPTIONS

<b>PILATES TOOLS</b>	Using the fitness circle, foam rolls, BOSU Balls and flexbands, both beginner and advanced participants can benefit from the added "tools" to this amazing pilates matwork class
<b>PILATES ON A ROLL</b>	This matwork class will challenge you like never before with the use of the foam roller - whether you are lying, sitting or yes, even standing on it, we will target every single abdominal muscle you never knew you had!
<b>PRENATAL PILATES</b>	Pilates exercise is perfectly suited to preparing for labour and a speedy recovery postpartum. It also places special emphasis on restoring the spine's alignment and improves stability in the pelvis and shoulder - both during pregnancy and beyond.
<b>PILATES CIRCUIT</b>	Challenge your core muscles in every way possible with this back to basics matwork class with a cardio twist - so you get your heart rate up AND give your core a workout it will never forget!
<b>TRX™ BODY BLAST</b>	This class works around a format of sets and repetitions to work every single muscle group in your body - the perfect blend of strength training and core training PLUS you will work up a sweat! <i>(must wear cross trainers)</i>
<b>TRX™ CIRCUIT TRAINING</b>	This bootcamp style class will take you through all the basic TRX™ Suspension Training exercises PLUS a little extra cardio thrown in as you work through timed circuits <i>(must wear cross trainers)</i>
<b>TRX™ STRETCH</b>	Let the TRX™ Stretch class take your flexibility training to a whole new level - with the help of the foam roller you will leave feeling longer AND stronger!
<b>GROUP REFORMER</b>	Experience the body changing effects of the reformer for a fraction of the cost of private training. The reformer's unique system of pulleys and springs is guaranteed to improve strength, endurance and flexibility - and provide you with that long and lean pilates look!
<b>JUMPBOARD INTERVAL</b>	Take your reformer workout to a whole new level! The addition of the jumpboard adds an amazing cardiovascular element to the core conditioning and toning aspects of the basic reformer exercises. Be prepared to sweat during this intense interval training session.
<b>REFORMER CIRCUIT</b>	This circuit session introduces exercises not only using the Reformer but also the Cadillac, Ladder Barrel and Stability Chair - with a good level of jumpboard training thrown in to keep your heart pumping (at least 50 group reformer class sessions a prerequisite)

## ENERGY EXPRESS LUNCH CLASSES

<b>ENERGY SCULPT</b>	Pilates infused strength workout for total body fitness
<b>PILATES BALANCE</b>	A moving flow of power pilates matwork exercises using the stability ball
<b>CORE CIRCUIT</b>	Interval training core work to create awesome abs and a strong back
<b>PURE ZEN</b>	Relax and de-stress in this mid-day body release of stretch and strength work