

**Studio 100-Bense Pilates  
Class Descriptions Winter 2011**

**Yoga**

**Yoga for Strength:** A class that focuses on poses and sequences that will help you develop both upper and lower body strength, using body weight only, while still increasing overall flexibility. The focus of the class will be on approaching yoga poses from a place of stability, which will help improve balance, posture, and overall conditioning.

**Gentle Flow Yoga:** Suitable for beginners and more experienced practitioners, this class explores a variety of yoga poses (asana) and breath techniques (pranayama). Postures flow in a way that builds heat and stamina, while at the same time lengthening the connective tissues. Modifications will be provided so that all students regardless of age, body type or experience level can participate fully and to their own personal edge. Students are encouraged to listen to their bodies and participate at a level that energizes and opens the body with ease and comfort.

**Intro to Yoga:** Slower-paced stretching class with simple breathing exercises. A good place to learn basic poses, relaxation techniques, and become comfortable with yoga.

**Vinyasa Flow Yoga:** Vinyasa yoga is characterized by focusing on a vinyasa, or a series of connecting poses in conjunction with the breath. A vinyasa consists of 4 poses: plank, chaturanga, upward dog, and downward dog. By practicing vinyasa's along with dynamic standing poses based on the warrior, heat is generated in the body which helps to increase strength and flexibility. In a vinyasa class, practitioners are encouraged to focus on breath awareness, ultimately creating a strong mind/body connection.

**Flow Yoga:** This refreshing and invigorating class incorporates the "vinyasa" style of yoga. Flow Yoga encourages an energetic yet comfortable pace of flow sequences linking poses mindfully and exploring the connection of the body, mind and breath. This uplifting class will help you release tension, enliven your body and develop dynamic balance with fluid movements and creative variations.

**Yoga Tune Up®:** Stretch, release and strengthen routines. Based on the work developed by yoga Instructor Jill Miller. Relieve stress, unwind knots, and loosen locked muscles with these invaluable therapeutic series' that provide targeted self-massage therapy, helping to penetrate through layers of skin, fascia and muscle and massage deeply into your high tension areas. Combine with strengthening routines for specific body areas to safely empower your Yoga postures.

**Pilates**

**Pilates Arc Barrel:** A restorative Pilates class. The arc barrel helps to ensure proper alignment and posture while strengthening the essential 'core'. This class will help decompress, lengthen and mobilize the spine, at the same time as improving balance and increasing range of motion in the joints. An enjoyable workout!

**Pilates Cardio Sculpt:** Fusing the best of Pilates, yoga-inspired and aerobic conditioning into cardio sequences for strength building and total-body conditioning. Boost calorie burn, target trouble zones and melt away fat fast with this invigorating workout!

**Pilates Cardio Toning Ball:** Spice up your pilates workout with this intensive cardio-based class! This fast-paced workout uses 2 and 3 pound toning ball props to increase your strength and metabolism.

**Pilates on the "Edge"™:** The Pilates Edge™ will either assist you or ramp up the level of your mat routine. Designed to dramatically increase workout options, the dense foam triangle's increasing height helps develop strength and stability to the torso, arms and legs. Discover how this versatile tool can be used with seated, lying, kneeling and standing variations to take advantage of the foam triangle's increasing height. Use alone or in combination with other accessories including Toning Balls™, resistance bands or rings for additional resistance and increased intensity.

**Pilates on the Foam Roller:** Test your knowledge of the fundamentals. Link the mind and body through this balance-building mat class. Techniques improve posture and alignment while increasing flexibility and range of motion.

**Pilates with Props:** Using the methods and practices learned in the Beginner 2 class, which incorporates a combination of apparatus such as the Bosu, band, Stability Ball and pure mat-based exercises, this class with the addition of unstable surfaces and resistance will further challenge your body with more advanced moves.

**Pilates Pure Mat:** A starting place for all! Learn the basic principles of Pilates! Improve overall body mechanics, strengthen and realign. Emphasis on abdominal and back muscles leads to increased core strength and stability.

**Pilates Roller, Ring and Disks:** Through a combination of seated, standing, lying and kneeling exercises on the roller, ring and disks, this routine promises to stretch and strengthen muscles, restore postural alignment, increase range of motion, activate deep core muscles, develop better body symmetry, heighten neuromuscular coordination, relieve tension and improve overall fitness. This dynamic routine will leave you feeling invigorated!

**Vertical Pilates:** A fun, innovative and challenging approach to Pilates matwork done standing up! Executing the floor matwork while standing on one or both legs transferring weight requires precise control of all muscles through balance and coordination. This is an extreme workout for core strength, balance and body mind integration.

## Fitness

**Abs and Butt:** A functional and fun workout targeting your buns and belly using a combo of traditional and non-traditional exercises, with and without props to give you that tight little tummy and a booty you can bounce quarters off!

**Bosu Blast:** Strength training utilizing the Bosu, challenging core stability, balance and strength.

**Cardio Kickbox:** Martial arts and self-defense meets "old Skool" Aerobics! Great music, big sweat, and a lot of fun!

**Cardio/Strength "on the ball":** Great balls of Fire!! A mixture of cardio and strength training using stability ball, bosu, medicine ball and toning balls. Strengthen the entire body and burn calories.

**Core Challenge on the Rollers:** Using both the foam and inflatable roller, this class is a total body strength and stretch workout! The inflatable Core Challenge Roller combines the essential properties of stability balls and foam rollers. The size and shape optimize exercises that strengthen and tone the abs, obliques and core muscle groups while dramatically improving stability, balance and flexibility. The foam roller will also improve performance and joint mobility as well as reduce the risk of injury. The 'piece de resistance' is that each class will finish with gentle, massage rolling!

**Stretch and Roll:** This class is an excellent way to end a hectic week. Our primary tools are the foam roller, and the yoga strap. This class concentrates on relaxation and releasing muscle tension from head to toe. Stretch and roll is a safe class for any level and for any type of injury recovery program. The foam roller is a great tool for self massage combined with active stretching to set you on your weekend feeling rejuvenated and stress free.

**Upper Body Sculpt:** Strength training class focusing on the abs, waist, back, arms and shoulders!

**Zumba™:** Zumba (pronounced Zoom-Baah) is a dynamic and exciting Aerobic Interval class based on Latin dance and music flavors. It targets areas such as glutes, legs, arms, abdominals, and the most important muscle in the body, the heart! Zumba is a fun, effective, and simple fitness system that uses the principal of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. The explosive Latin rhythms create a party like atmosphere that deliver results, as well as a "feel happy" workout. Men and women, can and are encouraged to Zumba!

### Specialty

**Cardio Group Reformer:** This new reformer workout is a full body cardio and core workout. The jumpboard offers variety and promises to not only shape and tone your legs, but burn calories!

**Group Chair:** The split-pedal Chair is moving into the mainstream and is losing its status as one of the "mysterious" Pilates pieces of equipment. The Chair will help rebalance muscles, refine balance and coordination and fine-tune your core stability. The Chair will undoubtedly sculpt your legs, arms, buttocks, and thighs while target toning your abs with every move you make. The exercises you perform will work just about every muscle group in your body and especially your core. 2-4 participants per instructor. From pure beginner to the super advanced.

**Group PT with TRX Suspension Training:** In Group Personal Training (PT), a highly certified trainer guides participants through strength training and cardio circuits on all equipment for a challenging, motivating, fun, total body workout! Group PT now also includes: TRX Suspension Training!

TRX stands for Total Body Resistance Exercise. Designed by a former elite Navy Seal as a go anywhere workout, the TRX Suspension Training unit uses your own body weight against gravity to increase strength, stability and endurance. As it's suspended, rather than fixed like traditional weight training equipment, it requires a great deal of core work to stabilize your movements against the forces of gravity. TRX will add a new dimension to your training program and you'll feel muscles you never knew you had! 2-4 participants per instructor. From pure beginner to the super advanced.

**Group Reformer:** Despite the somewhat medieval name, the Reformer is actually an amazingly elegant piece of Pilates equipment. The Reformer provides finely tuned resistance with a series of springs and ropes. Group Reformer training is the perfect balance between strength and flexibility training and is always tailored to suit the needs of the group. Each session builds strength without bulking up, increases balance, control & coordination, heightens body awareness, develops optimal alignment & core strength and provides an invigorating full body workout! 2-4 participants per instructor. From pure beginner to super advanced.

**Lifestyle 180 Bootcamp:** Make a 180 turn and change your life! This great total body workout is geared toward weight loss and toning. Bootcamp meets 3 times/week and progresses each week-so NO PLATEAUS! All levels are welcome. Food Journaling and care calls. Measurements

(optional). Accountability and guidance in an intimate setting behind closed doors. It's just you and a few others who have also taken on the awesome responsibility that is "Our Health". The company and expertise of **Jonny "Mr. 100" Mallard** through every workout from start to finish. Water, towels and equipment provided.

**Pilates Bootcamp:** Take your pilates work out to the next level in this fast-paced class . Create long, leaner muscles, further develop that essential core strength and improve your posture! Pilates Boot Camp focuses on perfecting the most challenging pilates exercises. It will include props and cardio segments to increase your metabolism, giving you an intense full body workout while maximizing your time!

**Pre-Natal Pilates:** A variety of options for both the "Mom to be" and the "New mom" . Using the reformer, chair and mat, these classes will address the needs of the ever changing pregnant body and the demands pre and post delivery. The emotional well being of the mother is also addressed by creating a supportive environment to meet other new moms and share experiences.

**Teen Pure Mat:** This specialty class will focus on increasing flexibility, deep core strength and promote beautiful posture with calming, mind-body exercises. It will contribute to creating longer, leaner, well-toned muscles as you grow. Pilates will give you an edge in other activities as well as improving concentration, confidence and body awareness.

**Group Reformer Full Body Sculpt:** Core control, repetition, intensity, integrating upper and lower body to create a full-body workout.

**Restorative Group Reformer:** Build strength without fear of strain by moving through a classic and adapted Reformer repertoire with beneficial exercises designed specifically for its participants. This class is suitable for those who cannot (or should not) do sit-up type exercises, for example those with osteoporosis. Not suitable for those with knee pain.

**Restorative Group PT:** Using rehabilitative techniques, corrective exercises and movements, this small group specialty class is designed to address any postural imbalances, chronic ailments and increase strength and body awareness.

**Mommy & Me Pilates:** A fun time for mommy & baby (6 weeks to pre-crawler). Moms will get a chance to tone and stretch their bodies back into pre-baby shape while bonding with new baby! This is also a good way for all mummies (new & experienced) to come together to connect & share stories.

**Teen Pilates Equipment:** Using the reformer, chair, mat and mini-trampoline, a fun class where teens can express themselves without being judged and explore movement in a safe environment. As a parent, you'll feel good knowing that the goal of this class is not only to help build teen esteem through Pilates but to lay the groundwork for toned muscles, great posture, balanced strength and flexibility, graceful movement and stress management for the rest of your teen's life. The benefits are overwhelming. The time to start taking care of their bodies is now. Teens and Moms invited to join a Zumba party the last week of session!

**TRX Bootcamp:** 60 minutes of heart-thumping, bootcamp-style strength and cardio training. This progressive class uses the TRX suspension system to train all muscles of the body for leaner, toned bodies. In this special Bootcamp, we will alternate between functional exercises, agility drills, body weight exercises and cardio-intervals to burn loads of calories and build a strong, stable core. All levels are welcome!