

PARKWAY

Athletic Club

at Saint Mary's

Schedule is effective May 06, 2024

Welcome to Breathe Pilates Studio

PLEASE NOTE: A pilates membership and reservations are required for all classes

Reserve classes on our Parkway Athletic Club App (QR codes below) or at the Front Desk

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| Monday | Friday |
| 8:00am Intro to Pilates Reformer with Maddi J. 1 | 8:00am Intro to Pilates Reformer with Julia B. 1 |
| 9:00am Pilates Reformer with Maddi J. 2, 3 | 9:00am Pilates Reformer with Julia B. 2, 3 |
| 5:30pm Pilates Reformer with Julia B. 2, 3 | Saturday |
| Tuesday | 9:00am Pilates Fit Reformer with Julia B. 2, 3 |
| 9:00am Pilates Reformer with Julia B. 2 | Class Descriptions |
| 10:00am Intro to Pilates Reformer with Julia B. 1 | CLASS LEVELS 1-BEGINNER, 2-INTERMEDIATE, 3-ADVANCED |
| 5:30pm Intro to Pilates Reformer with Julia B. 1 | Intro to Pilates Reformer |
| Wednesday | *If you have never taken reformer you must take this class before any other. Beginning level class that is slower and gentler than levels 2 and 3. Suitable for all levels that want to focus on form and on central Pilates principles of breath, centering, control, concentration, precision, and flow. If you are a higher level exerciser, you may take this class and the instructor will give you progressions. |
| 8:00am Pilates Reformer with Julia B. 2 | Pilates Reformer |
| 9:00am Pilates Fit Reformer with Julia B. 2, 3 | Experience a total body workout that will leave you feeling stronger, more flexible and standing with improved body alignment! In this class you will build upon what you have learned. The exercise become more difficult, we work with small props to continue to challenge the body and we work on transition and fluidity. |
| 5:30pm Pilates Reformer with Julia B. 2, 3 | Pilates Fit |
| Thursday | An invigorating fusion of classic Pilates equipment movements, fat burning cardiovascular exercises, as well as full body strength building. They key principles of Pilates core training added to more modern movements make this workout powerful. It is a full body conditioning program that will lengthen and strengthen your muscles, with the added advantage of improving your muscle-to-fat ratio. Pilates Fit is fun and will work your body from head to toe. This class is for all levels. |
| 9:00am Pilates Reformer with Natalie G. 2 | Pilates Jump |
| 10:00am Intro to Pilates Reformer with Natalie G. 1 | A high intensity class combining cardio with Pilates exercises all done on the reformers. A very fun, but intense class that will give you the "awareness" you are looking for! Prerequisite Notes This is a HIGH INTENSITY class...people with injuries or new to Pilates should try Group Reformer or Intro to Group prior to this class. |
| 5:30pm Pilates Reformer with Julia B. 2, 3 | |

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ParkwayAthleticClub.com

