



## Fitness on the Ball, Fall 2021

Instructor:	Nicole Friesen
Description:	Awaken underused muscle groups using props to bring just a bit more challenge. We will do cardio for heart health, and you will complete a total body workout set to the beat of fun music. There will be lots of stretching and breath work in between. There is always a way to customize the class to suit any fitness level. Leave class feeling energized and empowered.

Class Category:	Creative Wellness		
Age Range:	18+		
Location of Class:	Studio C		
Equipment Required	Yoga mat, water bottle		
Fees and Charges:	Class Fee:	\$50.00	SAC Membership Fee
Cancellations/Refunds:	<i>Full refunds are given only when you cancel two weeks prior to the start date of a class/workshop.</i>		<i>Membership fees are non-refundable Material fees are non-refundable</i>
Dates/Class Duration:	October 19 - November 9, 2021		Tuesday 9:30 -10:30 am
Schedule:	Week 1	Project: Matwork – focus on core in Pilates table top position, breathwork and stretching Skill: Focus on endurance in legs and arms in plie and squat with weights	
	Week 2	Project: Matwork – focus on hip mobility from Pilates side lying position Skill: Focus on facial movement using resistance loops	
	Week 3	Project: Matwork – focus on arms Pilates push ups over ball. Breathwork and stretching Skill: Focus on standing core work, mobilizing core	
	Week 4	Project: Matwork – focus on core strength and rotations in Pilates ab curl position Skill: Focus on balance work in lunges using resistance loops	