



Pilates Inspired Barre, Fall 2021

Instructor:	Nicole Friesen
Description:	This class is a complete body workout that will bring you through all the elements of wellness! This energizing class is set to motivating music. We will move through both large and small focused movements encouraging mobility and endurance. This class is low impact and can be modified to suit any fitness level. Leave class feeling stronger, more balanced, and with better posture and body awareness.

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:	September 21 – October 12, 2021	Tuesday, 9:30 – 10:30 am
Schedule:	Week 1	Project: Matwork focus on glutes from Pilates tabletop position Skill: Building endurance in legs, arms, and core with plies, squats and relevés
	Week 2	Project: Matwork, focus on obliques from Pilates side lying position Skill: Arm work with weights in plie and squat position
	Week 3	Project: Matwork focus on glutes and core from Pilates bridge position Skill: Facial movement encourage mobility
	Week 4	Project: Matwork focus on core strength from Pilates ab curl position Skill: Balance work focus in lune position