



## 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	



## 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