

# GENERAL POPULATION FALL 2018

**OCT 29 -  
DEC 13**

TIME	MON	TUES	WED	THURS
12:00 pm	<b>YOGA FOR POWER &amp; GRACE</b> HS   60 mins Garda			
1:15 pm	<b>TOTAL BARRE PILATES</b> HS   60 mins Natasha			
5:15 pm				<b>PILATES FLOW</b> HS   60 mins Shasta
5:30 pm			<b>VINYASA FLOW YOGA</b> HS   60 mins Garda	
6:15 pm		<b>TOTAL BARRE PILATES</b> HS   60 mins Natasha		
7:00 pm	<b>TRIM &amp; TONE PILATES</b> HS   60 mins Shasta			

**REGISTRATION  
OPENS OCT 9**

**PRICES: +HST**  
\$70 (member)  
\$85 (non member)

Register in person (1st floor CURRIE CENTER),  
by phone (453.4579) or online at [recreation.unbf.ca](http://recreation.unbf.ca)

Note: Instructors are subject to change without  
notice.

**QUESTIONS:**  
Contact Lauren Rogers at [lrogers@unb.ca](mailto:lrogers@unb.ca)

**LOCATIONS:**  
HS: Hatheway Family  
Fitness Studio  
(2nd Floor CURRIE CENTER)  
MPR: Multi-Purpose Room  
(2nd Floor CURRIE CENTER)



### **Pilates Flow**

Control, power and precision describe this class! You will experience creative, challenging and fluid transitions from one exercise to the next while your muscles are constantly challenged. Get ready to feel every inch of your body, from every angle and every direction! Come and challenge your endurance and control in this streamlined workout and leave feeling powerful!

### **Total Barre Pilates**

Total Barre is a fresh, fun and energetic class! This class will give you a full-body workout by incorporating elements of Pilates, cardio, dance, and strength training. Bonus: you'll workout to upbeat, invigorating music! No previous dance or Pilates experience is necessary.

### **Trim & Tone Pilates**

This intermediate level mat Pilates class will trim and tone your waistline, hips and thighs! Expect a total body workout that varies from class to class. Beginners are always welcome – no previous Pilates experience is required.

### **Vinyasa Yoga**

This Vinyasa Yoga flow class integrates breath with movement in a flowing sequence of yoga poses. Experience a beautiful intermix of yoga asanas and creative movements that vary from class to class. This class is recommended for individuals with previous yoga experience and/or an athletic background.

### **Yoga for Power & Grace**

Discover the power and grace this vinyasa flow can deliver. This class is inspired by the power of the Ashtanga system and includes complementary asanas to create an inspirational flow. Participants will feel deeply connected to both the mind and body by blending the balance of breath and continuous movement. Leave behind your day and get grounded. Previous yoga experience is recommended.

# REFORMER PILATES FALL 2018

OCT 29 -  
DEC 13

TIME	MON	TUES	WED	THURS
9:00 am	<b>TRIM &amp; TONE</b> PTS 60 mins Natasha		<b>CARDIO</b> PTS 60 mins Natasha	<b>SILVER FLOW</b> PTS 60 mins Lindsey
11:00 am		<b>FLOW</b> PTS 60 mins Natasha		<b>TRIM &amp; TONE</b> PTS 60 mins Natasha
12:00 pm	<b>FLOW</b> PTS 60 mins Natasha	<b>CARDIO</b> PTS 60 mins Natasha		<b>FLOW</b> PTS 60 mins Shasta
5:15 pm	<b>FLOW</b> PTS 60 mins Shasta		<b>TRIM &amp; TONE</b> PTS 60 mins Shasta	
6:30 pm			<b>FLOW</b> PTS 60 mins Shasta	<b>CARDIO</b> PTS 60 mins Shasta

**REGISTRATION  
OPENS OCT 9**

**PRICES: +HST**  
\$128 (member)  
\$154 (non member)

Register in person (1st floor CURRIE CENTER),  
by phone (453.4579) or online at  
recreation.unbf.ca

Note: Instructors are subject to change without  
notice.

**QUESTIONS:**  
Contact Lauren Rogers at lrogers@unb.ca

**LOCATION FOR REFORMER PILATES:**  
Private Training Studio  
3rd floor CURRIE CENTER



UNIVERSITY OF NEW BRUNSWICK

facebook.com/unb.urec/  
and Twitter: @UREC\_UNB

The Richard J. CURRIE CENTER | 15 Peter Kelly Dr | URec.ca | 453.4579

# What is Reformer Pilates?

The reformer is a specialized Pilates machine that uses a unique system of adjustable springs to add resistance to workouts. Reformer exercises are known to increase strength and improve flexibility and balance.

Classes are capped at 5 participants.

## **Program descriptions:**

### **Cardio:**

Designed for those who love to move, sweat and feel a rush of endorphins! In this high intensity class, Jumpboards and other props are used to increase strength, build muscle and improve cardiovascular endurance.

Participants will leave each class feeling powerful and accomplished.

### **Flow:**

Experience a unique full body workout through creative, flowing sequences. In this class, you will work on technique, coordination and control while exploring the endless possibilities of the Pilates Reformer. This class will challenge and surprise even the most experienced participant!

Participants will leave each class feeling restored and in tune with their body.

### **Silver Flow:**

Improve your balance, coordination, strength, and flexibility in this positive and uplifting Reformer class. Participants will be supported and guided as they work towards creating a stronger, more flexible, and resilient body and mind.

Suitable for both the beginner and mature Pilates participant, this Reformer class offers a well balanced full body workout with an emphasis on safety, proper technique, coordination, and control.

Participants will leave class feeling restored and rejuvenated!

### **Trim & Tone:**

Sculpt your most ideal shape through strength building and targeted Pilates movements! This all-levels class will trim and tone all major muscle groups – especially your core, glutes and thighs.

Participants will leave each class feeling shapely and confident!