

REFORMER PILATES

MARCH 9 –
APRIL 30

WINTER 2020

SESSION II

REGISTRATION OPENS
FEB. 18

TIME	MON	TUE	WED	THU
9:00 AM	TRIM & TONE PTS 60 min Natasha	FLOW PTS 60 min Lindsey	CARDIO* PTS 60 min Natasha	SILVER FLOW PTS 60 min Lindsey
11:00 AM	CARDIO BARRE* PTS 60 min Natasha	FLOW PTS 60 min Natasha		TRIM & TONE PTS 60 min Natasha
12:00 PM	FLOW PTS 60 min Natasha	CARDIO* PTS 60 min Natasha		FLOW PTS 60 min Natasha

PRICES: +HST
MONDAY CLASSES:
 \$128 (MEMBER)
 \$154 (NON MEMBER)
ALL OTHER CLASSES: +HST
 \$147 (MEMBER)
 \$176 (NON MEMBER)

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

QUESTIONS:
 Contact Lauren Rogers at
Irogers@unb.ca

LOCATION (CURRIE CENTER):
PTS: Private Training Studio,
 3rd Floor

ADDITIONAL NOTES:
 No class April 13
(Easter Monday)
 * Prior reformer experience is
 considered an asset

WORKSHOPS

REFORMER STRETCH SATURDAY MAR. 28

REFORMER YOGA SATURDAY APR. 25

9:00AM | PTS | 75 MIN | NATASHA | **M** \$25 | **NM** \$30

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



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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. NOTE: Classes are capped at 5 participants. Participants recovering from an injury may be asked to provide clearance to participate from a physician.

PROGRAM DESCRIPTIONS

Cardio:

Designed for those who love to move, sweat and feel a rush of endorphins! In this high intensity class, jump boards and other props are used to increase strength, build muscle and improve cardiovascular endurance. Participants will leave each class feeling powerful and accomplished. **Prior Reformer experience is considered an asset.*

Cardio Barre:

Pilates Barre and Cardio Reformer have been perfectly blended together in this creative and challenging new class. Using all of the amazing choreography from the Pilates Barre class, and combining it with the jump board, your entire body will feel all the love and attention! We'll take advantage of small props - like balls and weights - to explore challenging choreography. Expect to get your heart rate up and your sweat on in this full body, high intensity workout! **Prior Reformer experience is considered an asset.*

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!