

February 2019

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  | **SATURDAY**  |
| Register for/ purchase classes on-line at:Schedulicity.com |  | **First Class****is****$5****For new students only** |  |  | **1****10:30am Pilates Equipment** **12:15pm Pilates Reformer** | **2****8am Pilates System**  **9am Pilates Mat****10:15am Intermediate Reformer: Jumpboard & More** |
| **3** *Pilates Mat or Barre $15* *Or buy a package of 10 classes for $120* | **4****1pm Pilates Equipment** **5pm Pilates System** **6:15pm Pilates Mat**  | **5** **9:45am Pilates Equipment** **11am Pilates System****5:15pm Barre** | **6****9:15am Barre****5:30pm Beginner Reformer Make-up Session**  | **7****8:45am Mat Tower Chair** **5:30pm Intermediate Reformer and More (Jumpboard, Tower, or Chair)** | **8****10:30am Pilates Equipment** **12:15pm Pilates Reformer** | **9****8am Pilates System** **9am Pilates Mat****10:15am Intermediate Reformer: Jumpboard & More** |
| **10***Pilates System/Reformer**$27**Or buy 5 classes for $125* | **11****1pm Pilates Equipment****5pm Pilates System** **6:15pm Pilates Mat**  | **12** **9:45am Pilates Equipment** **11am Pilates System****5:15pm Barre**  | **13****9:15am Barre** 5:30pm Barre | **14****8:45am Mat Tower Chair** **5:30pm Intermediate Reformer and More (Jumpboard, Tower, or Chair)** | **15****10:30am Pilates Equipment** **12:15pm Pilates Reformer** | **16****8am Pilates System****9am Pilates Mat** **10:15am Intermediate Reformer: Jumpboard & More** |
| **17** *Pilates Mat-Tower-Chair / Equipment $22**Or buy 5 classes for $100* | **18** **1pm Pilates Equipment** **5pm Pilates System** **6:15pm Pilates Mat**  | **19** **9:45am Pilates Equipment****11am Pilates System** **5:15pm Barre**  | **20****9:15am Barre****5:30pm Barre** | **21****8:45am Mat-Tower-Chair****5:30pm Intermediate Reformer and More (Jumpboard, Tower, or Chair)** | **22****10:30am Pilates Equipment**  **12:15pm Pilates Reformer** | **23****8am Pilates System**  **9am Pilates Mat** **10:15am Intermediate Reformer: Jumpboard & More** |
| **24***Reformer Express/ 30-minute Reformer Class $12*  | **25****1pm Pilates Equipment** **5pm Pilates System****6:15pm Pilates Mat** | **26****9:45am Pilates Equipment****11am Pilates System** **5:15pm Barre** | **27****9:15am Barre** 5:30pm Barre  | **28****8:45am Mat Tower Chair** **5:30pm Intermediate Reformer and More (Jumpboard, Tower, or Chair)** |  | **New Student****Special:** **1st Class****is $5** |

32-36 Washington Ave., Lower Level, Endicott NY 13760 phone (607)725-4068 PilatesOnTheAvenue@gmail.com [www.PilatesOnTheAvenue.com](http://www.PilatesOnTheAvenue.com)

\*\*\*\*\*\*\*\*Register for classes on Schedulcity.com\*\*\*\*\*\*\*\*\*\*

What is Pilates?

Developed in the 1920s by Joseph H. Pilates, The Pilates Method focuses on improving flexibility and strength for the total body without building bulk. Pilates is not just exercise. It is a series of controlled movements engaging your body and mind, performed on specifically designed exercise apparatus or on a mat and supervised by a extensively trained teacher. Instead of performing many repetitions of each exercise, Joseph H. Pilates preferred fewer, more precise movements, requiring proper control and form. Because your mind is required to engage with your body to perform the movements correctly, you experience a new awareness of muscle function and control. Pilates develops long, lean muscles, increases flexibility and balance, and improves coordination.

**Explanation of Classes/Equipment**

Pilates Mat This class is based on the fundamental exercises of Pilates to strengthen the core as well as the overall body and increase flexibility. In Mat Pilates you use your own body to create resistance. Modifications are presented as building blocks helping your progress. Pilates Mat classes may use props, such as therabands, power circles, small hand weights, poles, and Triad/Physio balls, to either assist with alignment and proper execution or to challenge the advanced student. No experience necessary for this class; everyone is welcome. Whether you have just started Pilates or you are an advanced practitioner, you will be challenged in this class.

Pilates Barre Pilates Barre combines ballet with Pilates. This class uses small, isometric movements targeting specific muscle groups of the chest, arms, thighs, buttocks, and abs.

Mat/Tower/Chair or Pilates/Equipment This is a flowing class utilizing the mat, Wall Tower Unit, and Wunda Chair. These sessions consist of a series of exercises and movements using resistance based apparatus providing for a deeper workout. In these classes, you will stretch your muscles while strengthening your core. This class is limited to 4 students, and individual attention is given to each student.

Wunda Chair: Originally designed by Joseph Pilates as a compact workout system for New York City apartments, Chair workouts enhance stability, balance, and body control. The focus on upper and lower body strength and conditioning makes the Chair a great tool for all types of students and athletes.

Tower: This vertical frame containers bars, springs, and straps to be used on a raised mat. An extraordinary variety of exercises are possible on the Tower, from gentle, spring assisted sit-ups to advanced acrobatics. The Tower with raised mat offers exercises and rehabilitation for all ages and abilities.

Pilates Reformer: The resistance created by the pulley and spring system can provide a more challenging strength and endurance workout than mat classes. It may also produce visible results sooner — arm, leg, and abdominal muscles can look more firm and defined within a dozen or so regular sessions. Class size is limited to 4.

Pilates System Classes may utilize the mat, chair, tower, reformer, and/or various props. Watch the Method unfold as you learn to trust the Pilates Process! Classes limited to 4 students.