

# PILATES CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 a.m. Mat Fusion (Silver Rm.) Instructor: Bobbie	9:30 a.m. Basic Reformer (Ref. Rm.) Instructor: Umeko	8 a.m. Reformer All Levels (Ref. Rm.) Instructor: Bobbie	8 a.m. Reformer All levels (Ref. Rm.) Instructor: Bobbie	8 a.m. <b>Reformer All Levels</b> (Ref. Rm.) Instructor: Bobbie	10 a.m. Mat/Reformer Combo (Ref. Rm.) Instructor: Cheryl	
9 a.m. Reformer Level 2 (Ref. Rm.) Instructor: Bobbie	10:30 a.m. Functional Mat Pilates (Silver Rm.) Instructor: Umeko	9:30 a.m. Reformer Level 2 (Ref. Rm.) Instructor: Umeko	9:30 a.m. Reformer All Levels (Ref. Rm.) Instructor: Umeko	9:00 a.m. Functional Mat Pilates (Jade Rm.) Instructor: Umeko		
5:30 p.m. Reformer All levels (Ref. Rm.) Instructor: Maria	5 p.m. Pilates Arc Barrel (Mat Rm.) Instructor: Jamie	9:30 a.m. Mat Pilates (Silver Rm.) Instructor: Lilly	10:30 a.m. - 70min. Functional Mat Pilates (Silver Rm.) Instructor: Umeko	10:15 a.m. Mat Reformer (Ref. Rm.) Instructor: Cheryl		
5:30 p.m. Pilates on the Barre (Silver Rm.) Instructor: Bobbie	7 p.m. Pilates Power Hour (Silver Rm.) Instructor: Manuela	10:30 a.m. Pilates Sculpt (Silver Rm.) Instructor: Lilly				
		5:30 p.m. Reformer/Jump All levels (Ref. Rm.) Instructor: Jamie				

Instructor and/or class may change without notice. **New Class**

Updated 7-2-18

Mat Drop-In Rates		Reformer Drop-In Rates		Mat/Reformer Combo Drop-In Rates	
Single	<b>\$16</b>	55-min. Single	<b>\$23</b>	55-min. Single	<b>\$18</b>
6 pack*	<b>\$15</b> (\$90/pack)	6 pack*	<b>\$20</b> (\$120/pack)	6 pack*	<b>\$17</b> (\$102/pack)
12 pack*	<b>\$14</b> (\$168/pack)	12 pack*	<b>\$19</b> (\$228/pack)	12 pack*	<b>\$16</b> (\$192/pack)
Single 65+	<b>\$10</b>	Single 65+	<b>\$18</b>		
12 pack* 65+	<b>\$9</b> (\$108/pack)	12 pack* 65+	<b>\$15</b> (\$180/pack)		

\* 6 Packs expire after 2 months. 12 Pack expires after 4 months.

## REFORMER SESSION RATES

**Classes start April 24 for 12-week registration!**

12-week registration: **\$18** (\$216/session)

### LOCATION

514 N. Prospect Ave., 2nd Floor  
Redondo Beach, CA 90277

### FITNESS CENTER HOURS

MON-THU, 5:30am-9pm  
FRI, 5:30am-8pm  
SAT-SUN, 7am-6pm

### CLUBHOUSE CHILDCARE HOURS

MON-THU, 8am-1pm, 4-8pm  
FRI-SUN, 8am-noon

### CONTACT

For more information on rates and class details, visit **beachcitiesgym.com** or call 310.374.3426, x147.

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# CLASS DESCRIPTIONS

## **BASIC REFORMER**

Basic Reformer is designed for those new to Pilates Reformer. This class is a balanced class that starts to challenge how you use your core in relation to the resistance provided by the Reformer machines. You will build on key Pilates principles of core control, fluid motion and coordination.

## **FUNCTIONAL MAT PILATES**

This versatile class focuses on perfecting form and postural alignment, and correcting muscular imbalances. You'll use a variety of props, and work at a range of paces with diverse choreography from week to week, so you'll never have the same class twice and will constantly be challenged to develop your fitness in innovative ways. Regularly attending this class will help lay a solid foundation to your exercise routine, and improve your daily physical functionality.

## **MAT/REFORMER COMBO**

Half Pilates mat and half Pilates reformer, this combination class hones your Pilates mat skills to enhance your reformer workout.

## **PILATES ARC BARREL**

This class is designed to increase core strength and flexibility of the spine while your body is constantly working against gravity. An overall great workout.

## **PILATES MAT**

Learn the basics of Pilates movement and structure.

## **PILATES MAT FUSION**

Engage and strengthen your core and sculpt your body with weights, balls and other props.

## **PILATES ON THE BARRE**

Pilates on the Barre utilizes muscle-shaping principles of isometrics and ballet movements to reshape the entire body. This non-impact, body-sculpting workout targets all major muscle groups that flatten your abs, lift your seat, elongate your thighs, tone your arms and increases your stamina.

## **PILATES SCULPT**

Invigorate your mind, strengthen your core and condition your body, using Pilates principles. You'll use a combination of Pilates core and posture work, and powerhouse strengthening work to leave you feeling toned, strong and supple.

## **PILATES, STRENGTHEN AND STRETCH**

Pilates, Strengthen and Stretch is mind/body combination that is sure to please. Suitable for all levels this class is ideal for those looking for the best of Pilates, muscle toning, core strengthening and stress releasing exercise. This class is the perfect combination of strength and flexibility.

## **REFORMER - ALL LEVELS**

A beginner to intermediate class offering new challenges to students who have experienced the fundamental exercises and have a sound understanding of the principles of Pilates. This is a flowing Pilates reformer class that will challenge strength, stabilization and flexibility.

## **REFORMER LEVEL 2**

Get ready to push yourself to the next level in this intermediate Pilates reformer class. This class is for students who have an understanding of basic principles and exercises as learned in Basic Reformer and Reformer All levels. Previous experience recommended.

## **RESTORATIVE REFORMER**

Learn the fundamentals of Pilates Reformer in this class, designed for those newer to Reformer or recovering from injury or illness. Lengthen, strengthen and balance your muscles while learning how to stabilize your joints and increase your functional range of motion. You will also appreciate the restorative benefits of connecting breath with motion in this fun, revitalizing class. Suitable for all levels.

## **PILATES POWER HOUR**

This class focuses on core strength and will challenge you to new levels and make your body burn! This is a great full body workout and a great way to incorporate full body strength, flexibility and coordination into your weekly routine.

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