

STOTT PILATES®

small group classes

MJCCA STOTT PILATES

SMALL GROUP REFORMER CLASSES
 To register, email pilates@atlantajcc.org

	MON	TUE	WED	THU	FRI	SUN
9:00AM	Essential Reformer <i>Jennifer</i>	Essential Reformer <i>Leah</i>				
10:00AM				Essential Reformer <i>Susan</i>		Essential Reformer <i>Jennifer</i>
11:00 AM			Essential Reformer <i>Jennifer</i>		Essential Reformer <i>Jennifer</i>	Essential Reformer <i>Jennifer</i>
12:00 PM		Essential Reformer <i>Karen</i>				
5:00 PM						
6:00 PM	Essential Reformer <i>Jennifer</i>					

Pilates Class Descriptions:

ZEN•GA™: This creative class combines yoga, Pilates, dance, and toning exercises to give your body a mindful workout. ZEN•GA can be practiced on the reformer working toward precision of form, or on the mat which allows for graceful movements that are sure to increase the heart rate. The yoga influence in ZEN•GA brings stamina, resilience and enhanced core engagement, which makes for a calorie torching sweat session!

Jump Board/ Abs Class: Jump Board class is an incredible way to burn calories and build stamina while toning your glutes, thighs and calves. It's like jumping on the trampoline but you're lying down on the Reformer and jumping on the Jump Board. You'll work with all the variations of the Jump Board, and also focus on core stability in this class, with some lengthening stretches that balance you out, leaving you centered and strong.

Pilates for Men: Due to expressed interest, we now offer Pilates for Men! This class is designed with men's bodies in mind, to improve your performance on the court, on the course, in competitions, and on the track. You'll get to stretch the quads and hips that get tight as well as strengthen these muscles. You'll focus on opening the chest with extension in the spine, and targeting your core- thereby increasing your power in ALL sports.

Essential Reformer: Start with the basics and get the most out of your Reformer class! Functional fitness on the Reformer will be introduced, including principles of concentration, precision, control and stabilization. As you learn the fundamentals and practice proper technique you'll begin creating strong body connections, breathing, alignment and awareness.

Intermediate Reformer with Props: Add some intensity to your work out with the addition of small props including the Magic Circle, Foam Roller, Theraband, weights and various exercise balls. This intermediate level class will push you to focus on balance, form, flexibility, and strength.

Focus on Flexibility: By focusing on spinal mobility, you'll improve overall flexibility. This Pilates class will restore postural alignment, create a stronger more flexible spine, and increase your range of motion and body awareness.

Mat with Tower: This class is a fusion of mat Pilates and resistance training (arm springs, leg springs, pull-down and push-through bars) on the Tower, a spring-based apparatus derived from the Cadillac. Combine mat work with exercises on the Tower to build a strong core as you control the springs and push through the bar safely and effectively.