



PILATES @ LEAN ON ME
 PILATES STUDIO
 November 2009

DAY TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM			Chair-Reformer Level 2 Nikki		Chair-Reformer Level 2 Nikki	
9:00AM		Chair-Reformer Level 2 Alisa			Springboard Nikki Level 1-2	New classes starting in January!
10:15AM					Functional Pilates Nikki Level 1-2	
11:00AM	Functional Pilates Nikki Level 1-2					
4:30PM		Chair-Reformer Level1 Alisa		Chair-Reformer Alisa		
5:30PM	Equipment Circuit Sabin Level 2	Springboard Nikki Level 2		Equipment Circuit Sabin Level 2		
6:30PM	Equipment Circuit Sabin Level 1-2			Equipment Circuit Sabin Level 1-2		

All Classes & Private sessions in the Pilates Studio require registration & purchase through the instructor.
 For more information call us at 916-455-4955 or check us out at www.leanonme.biz

Class Descriptions

Chair-Reformer Classes: “REFORM” your body in our Pilates Reformer and Chair apparatus classes. Create balance, fluidity in your movement, improve core strength and stability and improve flexibility with the exercises on the Pilates Reformer and Combo Chair. Because the apparatus can support your body while you learn proper technique and alignment, you can perform each exercise with great precision and control. This in turn allows you to do more work with fewer repetitions. Don’t be fooled – you will feel these classes the next day! The Pilates equipment lets us work deeper in each muscle and requires you to use more muscle in every single exercise!

Springboard Classes: Springboard class uses resistance training with the famous Pilates Springs to tone and strengthen the body. It is a complete body workout with the primary focus being stabilizing the spine and working from the core. This is a wonderfully fun and challenging way to bridge mat work with spring resistance.

Functional Pilates: The class utilizes all the Pilates equipment & props, providing a full body workout that caters to those with various movement limitations, arthritis &/or injuries. The workouts are geared to strengthen & stretch your body without putting undue stress on joints. . Experience is necessary.

Equipment Circuit: Our Equipment Circuit class utilizes the Reformer, Chair and Springboard in each workout. Utilizing each piece will allow students to work in every plane of movement, ensuring that you will improve strength, flexibility and postural alignment for any and every type of activity.

Registration for all of our Pilates equipment classes are done directly through each instructor. Please email or call the corresponding instructor above to reserve your space in each class.

Alisa Lene	alisalene@yahoo.com	916-599-3182
Nikki Tilson	nikkifit@sbcglobal.net	916-849-6379
Sabin Morris	sabinspilates@gmail.com	916-670-8144
Susie Durant	susan.durant@ucdmc.ucdavis.edu	916-803-7164