



Pilates Group Apparatus Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7 am			Cardio - Kelsey		Cardio - Kelsey
8 am			All Levels - Kristin		All Levels - Mandy
9 am	Level 2 - Mandy	All Levels - Kristin		All Levels - Kristin	
12 pm	MS - Mandy				
1 pm			Level 1 - Bri		
2 pm					All Levels - Mandy
3 pm					Level 1 - Bri
5 pm			All Levels Bri	MS - Mandy	Stretch&Stamina Bri
5:30 pm	Stretch&Stamina Bri	All Levels - Mandy			
6:15 pm					

Call (858) 457-8419 today to reserve your spot!

Comprehensive Therapy Services

5677 Oberlin Drive, Suite 106
San Diego, CA 92121

www.comprehensivetherapy.com

Class Descriptions

Level 1 – Begin your path to Pilates with this fantastic class focusing on the fundamentals. This class is perfect for those new to Pilates or those returning after an injury or other time away from exercise. Enhance your strength and stability while maintaining flexibility utilizing Mat, Reformer, Chair, CoreAlign, Spine Corrector, Fluidity Bar, BOSU and Wall Unit. All biomechanical challenges are welcome!

Level 2 – Expand your Pilates training with Level 2! Take the knowledge of Pilates repertoire from Level 1 and add exciting modifications to challenge your core, balance and much more. This class will progress your strength and movements from Level 1 or would be a great option for the already active person. Be prepared for a quicker, circuit training atmosphere!

All Levels – A wonderful blend of Pilates fundamental exercises with advanced modifications when appropriate. A class that will keep you moving and push you toward more progress!

Cardio – No time for your morning walk or run? This class will increase your heart rate using the Reformer Jump Board and keep it up with a faster paced routine. Modifications can be made but please get clearance prior to participating in this higher level class. Bring a towel to wipe up your puddles!

MS – Pilates MS classes are specifically designed with an emphasis on balance, movement coordination and postural alignment. Utilizing the Pilates equipment and CoreAlign, this class focuses on the muscles to aide in gait mechanics, flexibility and upper body mobility. Rest breaks are taken as needed.

Stretch & Stamina – This workout brings a variety of stretching to your workout routine, while also incorporating some deep stamina and strengthening work. We will involve the entire body with a nice flow, and within the stretching segments and transitions we integrate a variety of Pilates elements including alignment, core work, stability and much more.....

Fusion – This class layers movements of strength, yoga and Pilates to enhance core activation and stabilization varying from a circuit to group class setting allowing each individual to work within his/her fitness level. (Starts 9/30/13)

Class Prices

1 Class - \$30

10 Class Package - \$250

MS Class - \$10 for MS Society Members and \$20 for non-members

★ ☐ ☐ Each client must schedule a private Pilates session with any instructor prior to attending a group class