

BALLENISLES. *Exactly where you want to be.*



GROUP PILATES SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:55am <i>Combo</i> Bobbi				8:00-8:55am <i>Reformer</i> Bobbi	8:00-8:55am <i>Combo</i> Michele	
9:00-9:55am Reformer Bobbi	9:00-9:55am Reformer Plus Vallory	9:00-9:55am Combo Bobbi		9:00-9:55am Combo Vallory	9:00-9:55am Jumpboard Int Vallory	9:00- 9:55am Reformer Brenda
	11:00-11:55am <i>Men's Only Combo</i> Brenda	11:00-11:55am <i>Combo</i> Bobbi	11:00-11:55am <i>Men's Only Combo</i> Michele			
		4:00-4:55pm <i>Combo</i> Bobbi				



BALLENISLES. *Exactly where you want to be.*



PILATES STUDIO GROUP CLASS DESCRIPTIONS

Reformer

This is a traditional Pilates class utilizing the Pilates apparatus known as the Reformer. Strength and flexibility training are the key components of this class which is suitable for all levels. The unique spring loaded carriage provides a core stability challenge to every exercise. This class offers a total body workout from top to bottom and from the inside out.

Tower

This class offers a great strength building total body workout using the Tower springs and bars. This workout offers a stability challenge different from the Reformer class, but will stretch every body part as it strengthens both the inside and the outside.

Reformer Plus

This intense class will include a variety of exercises including the Reformer, Tower, Jumpboard and Mat. Come to class prepared to move!

Group Combo

This class combines the best of both worlds by utilizing the movements of the powerful Tower along with the moving exercises on the Reformer. You will experience a total body workout from the inside out. A perfect class for anyone needing to develop both strength and flexibility.

Jump Board Intervals

Plyometric exercises, which promote cardiovascular conditioning and strength, will be integrated with the reformer repertoire creating an invigorating and fun workout. The plyometric exercises are performed with the jump board on the reformer while lying down.



BALLENISLES. *Exactly where you want to be.*



GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30am <i>Cardio Mix</i> Debbie	7:30-8:20am <i>Cycling</i> Paul	7:30-8:30am <i>Cardio Mix</i> Debbie	7:30-8:20am <i>Cycling</i> Vickie	7:30-8:30am <i>Cardio Mix</i> Tracey	8:00-9:00am <i>Body Blast</i> Paul	
8:30-9:30am <i>Body Blast</i> Pauline	8:30-9:30am <i>Zumba</i> Lisa	8:30-9:30am <i>*On the Ball*</i> Pauline	8:30-9:30am <i>Pilates & Props</i> Della	8:30-9:30am <i>Body Blast</i> Matt	9:00-10:00am <i>Total Stretch</i> Eric	
9:30-10:30am <i>Total Stretch</i> Lisa	9:30-10:30am <i>Fit Over 50</i> Dolores	9:30-10:30am <i>Pilates & Props</i> Brenda	9:30-10:30am <i>Fit Over 50</i> Jade	9:30-10:30am <i>Total Stretch</i> Matt	10:00-12noon <i>Iyengar Yoga</i> Eric	9:30-10:30am <i>Max Out</i> Lynda
10:30-11:30am <i>H2O</i> Matt	10:30-11:30am <i>H2O</i> Jade	10:30-11:30am <i>H2O</i> Paul	10:30-11:30am <i>H2O</i> Jade	10:30-11:30am <i>H2O</i> Matt	10:30-11:30am <i>H2O</i> Matt	9:30-10:20am <i>Aqua Yoga</i> Eric
	3:00 -4:00 pm <i>Men Only</i> Michele	3:00-3:50 pm <i>Cycling</i> Vickie	3:00 - 4:00 pm <i>Men Only</i> Michele	3:00-4:00 pm <i>TGIF Yoga</i> Janet		10:30 -12:00 <i>Vinyasa</i> Eric
4:00-4:50pm <i>Cycling</i> Amanda	4:00-4:30pm <i>Foam Rolling</i> Dan	4:00-5:00pm <i>Kettlebell</i> Eric	4:30-5:30pm <i>Zumba Gold Toning</i> Lisa	4:00-4:50pm <i>Cycling</i> Paul		
5:10-6:40pm <i>Iyengar Yoga</i> Eric	5:00-6:00pm <i>Step in to Shape</i> Tracey	5:10-6:40pm <i>Vinyasa Flow</i> Eric				



BALLENISLES. *Exactly where you want to be.*



GROUP EXERCISE CLASS DESCRIPTIONS

Aqua Yoga

Combines gentle qualities of Yoga with the flow of water. Water supporting the body makes weight bearing movement safer and lighter on joints and challenging Yoga poses & stretches easier to achieve.

Body Blast

High energy, total-body toning workout using hand weights, bands, tubes, body bars and/or steps in order to define and build lean muscle.

Step Into Shape

An energizing athletic step class that uses simple moves and adjustable steps to tone your thighs & glutes, while incorporating muscle sculpting moves to give you a full body work out.

Cardio Mix

A mix of hi-lo cardio combinations, followed by total-body weighted exercises, back-to-back for the entire class.

Men Only

This class is designed for the specific training needs of men. There is a combination of weight training, cardiovascular exercise, balance and stretching for a total body workout.

Cycling

Taking the ultimate ride through a variety of terrain set to an active rhythm of powerful music. You have the option of riding our traditional Spinning Star Trac Pro Bike or Our New RealRyder Bike (They turn). Both Bikes use the resistance and speed change that simulates an outdoor ride. The RealRyder allows the rider to move fluidly in three planes of movement Sagittal, Frontal and Transverse, thus increasing muscle activation of core and upper body in conjunction with the lower body to provide a whole body high-calorie-burning workout.

Fit Over 50

Lower-intensity cardiovascular and toning workout.



BALLENISLES. *Exactly where you want to be.*



GROUP EXERCISE CLASS DESCRIPTIONS

Foam Roll

Foam rolling uses deep compression to help roll out muscle spasms by causing nerves to relax and loosen muscle; gets blood flowing and helps the body to recover. There will be uncomfortable moments. Contraindications (Osteoporosis, Osteopenia, Rotator cuff tears, Hip Replacements or where you can not support your own weight with your arms)

H2O

Splash and move to the music in a non-impact aerobic class in the water. A total body workout that is easy on the joints, increases muscle strength and provides a great cardio workout using the resistance of the water noodles & aqua dumbbells to enhance intensity.

Iyengar Yoga

Slower pace yoga appropriate for those with pre-existing injuries/surgeries. Asanas (postures) are held for longer periods to fine-tune muscular & skeletal alignment, and awaken and increase awareness to your body and mind.

Kettlebell

Kettlebells are used in a ballistic, swinging movement, a press or pull exercises similar to those in weight lifting. They are whole body exercises requiring full body integration and core stabilization. It also utilizes a greater range of motion thus increasing flexibility, toning core and conditioning training to burn more calories.

Max Out

A total body workout that tests your cardiovascular endurance with weights to improve overall strength.

On The Ball

Sculpt and tone your entire body while challenging your balance and core strength on a stability ball.

Pilates & Props

A standing and mat format that may use Pilates props to strengthen the lower back, abs, and glutes, increasing overall flexibility, improving posture and quality of movement.



BALLENISLES. *Exactly where you want to be.*



GROUP EXERCISE CLASS DESCRIPTIONS

TGIF Yoga

End your week with an infusion of breathing, movement and music.

Total Stretch

Involves a combination of isotonic, isometric and prolonged stretching to achieve greater flexibility, improve posture, and increase range of motion in your joints.

Vinyasa Flow

Vinyasa Yoga is an evolving form of traditional hatha yoga with focus on integrating breath, movement, awareness, alignment, strength and flexibility, and your practice with daily life. Each person works at their own level.

Zumba

This high energy class uses Latin dance moves and music to tone and sculpt the body while giving a great cardio workout.

Zumba Gold

Toning

This class combines the spicy rhythms of Latin and international music with strength conditioning exercises to increase muscle strength and balance. A full-body workout that will incorporate balletone movements on the ballet bar.

