



# Pilates Reformer ROOM SCHEDULE

Fall 2021	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 to 7:05am		<b>COEUR POWER</b> (Wendy) 5:30 - 6:20	<b>COEUR POWER</b> (Wendy)	<b>COEUR POWER</b> (Wendy) 6am - 6:50	<b>COEUR POWER</b> (Wendy) 5:30 - 6:20		
9:00 to 9:50am					<b>COEUR PULSE</b> (Amy)	<b>Coeur Power</b> (Rachael) 8:30 - 9:20	<b>Coeur Power</b> (Rachael) 8:30 - 9:20
10 to 10:50am	<b>COEUR PULSE</b> (Dana)					<b>Coeur Power</b> (Wendy) 9:30 - 10:20	
11 to 11:50am		<b>COEUR PULSE</b> (Tabi)	<b>Coeur Power</b> (Dana)	<b>COEUR PULSE</b> (Dana)			
12:00 NOON			<b>COEUR POWER</b> (Amy)				
1:00 to 1:50pm							
4:30 to 5:20pm			<b>COEUR PULSE</b> (Kristi)	<b>Coeur Power</b> (Rachael)			
5:30 to 6:20pm		<b>COEUR POWER</b> (Wendy)	<b>COEUR POWER</b> (Wendy)	<b>Coeur Power</b> (Rachael)	<b>Coeur Power</b> (Tabi)		
6:30 to 7:20pm	<b>Coeur Power</b> (Tabi)						

**\*\*24 hour cancellation required**

Instructor Contact: Reformer Director, Dana Davis (208) 818-3527

# CLASS DESCRIPTIONS

## COEUR SCULPT:

*A perfect introduction to Pilates Reformer. This class focuses on lengthening your muscles and increasing balance and stability. This is a lower intensity session designed to release your stress levels and increase breathing awareness while stabilizing your core and accessory muscles.*

## COEUR PULSE:

*Elevate your heart rate and start to push your limits in this intermediate level class. Flexibility is combined with strength to engage the smaller accessory muscles to assist in balance and stability. Every exercise is designed to strengthen the correct foundation of your powerhouse (core).*

## COEUR POWER:

*Get ready to **SWEAT!** This is an advanced high intensity workout designed to fatigue your muscles, build strength, and sculpt while learning proper form and alignment that will carry you through the day. Classes are designed to seamlessly flow from one exercise to the next, fueled by high-energy music to keep you motivated and strong. This is a great addition to any training regimen and will help you develop long and lean musculature as well as increase your cardiovascular endurance. Get ready to push beyond your comfort zone and get the results you're looking for!*

*\*Minimum of 3 previous reformer classes required before participating in Coeur Power*

*\*Grip Socks required (available in the pro-shop)*

## Pilates Class Prices:

*\$25/class member*

*\$30/class nonmember*

*5 Classes for \$100 member*

*\$120/5 classes nonmember*

*Unlimited Classes \$160 member*

*\$200 Unlmtd Classes nonmember*

*\*Private or Semi-Private Sessions available upon request.*

*Contact Pilates Director, Dana Davis 208-818-3527*