

THE PILATES CENTER OF PITTSBURGH

SUMMER GROUP CLASSES - 5/4/09-7/17/09

(Makeups July 20-25) **CLOSED: May 25, June 29 through July 4**

MONDAY

9:00am-10:00am Open Systems Workout Aubrey	1:00 pm-1: 45 pm Open Level Mat Aubrey	6:15pm-7: 00 pm Beginner Mat Aubrey	8:00-9:00 pm Open Level Tower Cecile
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TUESDAY

7:00 am-8:00 am Open Systems Workout Cecile	6:00pm-7:00pm Open Level Tower Aubrey
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WEDNESDAY

8:00am -8:45am Advanced Mat Lesley	9:30am-10:15am Open Level Mat Aubre	5:15pm-6:00pm Floor Fusion Cecile	6:15pm-7:00pm Beginner Mat Cecile
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THURSDAY

6:15am-7:00am Early Risers Mat Cecile	6:15pm-7:00 pm Open Level Mat Lesley
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FRIDAY

8:00am-8: 45am Intermediate Mat Lesley
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RESERVATIONS RECOMMENDED
ALL GROUP CLASSES SUBJECT TO A
24 HOUR CANCELLATION POLICY

Private and Semi-Private
Classes are available
throughout the week.

SATURDAY

9:00am-10:00am Pilates Tower Lesley

SUNDAY

9:00am-9:45am Beginner Mat Michele
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SPECIALTY CLASSES/WORKSHOPS

Release Your Shoulders and Neck

Sat. May 9th 11:00am-11:30am with Lesley

Extra tensions often get stored in our neck and shoulder muscles. This 30-minute movement and stretching class will unwind your knots, and work on releasing the muscles in your neck, shoulder girdle, arms, and upper back.

Lean, Mean and Limber Legs

Sat. May 9th 11:30am-12:00pm with Aubrey

Your legs locomote you around day in, day out, year after year. Why not give them a little extra attention? We will guarantee you will find some new muscles you did not even know were there!

Reformer on the Mat

Sun. May 17th 10:00am-11:00am w/ guest teacher Julie Toren

Guest instructor, Julie Toren is from Body Mind Balance Studio in Cincinnati, Ohio. Julie is a teacher trainer with Power Pilates Studio in New York City. She brings a wealth of knowledge and experience to her teaching. Reformer on the Mat is a fun, challenging workout if you love to try new things, or just need a new inspiration for your mat class, then this is the class for you!

Getting Started

Sat. April 25th and Sat. May 30th 11:00am-12:00pm with Lesley

This workout is comprised of the matwork and apparatus, students become familiar with the different workout options within the studio. Introducing Pilates movement and language, this class emphasizes on a student's alignment, breathing, and precision of movement.

Pilates with Props

Sat. June 20th 10:30am-11:30am with Cecile

Props are used in Pilates for various purposes. They can make a workout fun and entertaining, while providing support for the body to go deeper in the movements. This class will cover more movements to develop your body's sense of coordination and balance.

Yoga For Headaches

Sat June 6th 1:00pm-3:00pm w/ guest teacher Jen Stratakis

This workshop will offer yogic techniques (supported poses, breathwork, self-massage, and other alternative therapies) to manage and minimize the impact of headaches, from sinus headaches to tension headaches and migraines. No prior yoga experience is necessary. Each student will receive his/her very own headwrap as part of the workshop fee.

Yoga For People Who Love to Move

Tues. July 21st 6:30pm-7:45pm w/ guest teacher Jen Stratakis

This breath-focused, Ashtanga-based class will begin with sun salutations, followed by standing postures linked together by movement. Some standing balancing postures will follow, then progressive backbends, inversions, twists, and forward bends. Class will conclude with savasana - deep relaxation. Modifications will be offered to accommodate all levels of students - no experience required, just open hearts and minds!

The Pilates Philosophy

Sat. July 18th 1:00pm-2:00pm with Lesley

Joseph Pilates was a man ahead of his time. He left a powerful Method with us to develop our minds, bodies, and spirits. Practicing your Pilates can be a tool for personal development if you know what to practice. This workshop will begin to discuss the method beyond the exercises. A must if you are an enthusiast!