



Pilates Reformer

ROOM SCHEDULE

2020	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am					COEUR SCULPT* (Bryan) (7:30)	
9:00 am						Coeur Power*** (RaChael) (9:30)
10:00 am	COEUR PULSE** (Dana)	COEUR PULSE** (Dana)		COEUR PULSE** (Dana)		
11:00 am	COEUR PULSE** (Dana)		COEUR PULSE** (Dana)			
NOON		COEUR PULSE** (Dana)		COEUR PULSE** (Dana)	Coeur Power*** (RaChael)	
1:00 pm						
4:30 pm						
5:30 pm	Coeur Power*** (RaChael)	Coeur Power*** (RaChael)	Coeur Power*** (RaChael)			

****SIGN UPS AVAILABLE ON MINDBODY APP **24 hour cancellation required**

Reformer Director Dana Davis (208) 818-3527

STARS INDICATE CLASS INTENSITY LEVEL: *LOW **INTERMEDIATE ***HARD

*RaChael's schedule is rotational, please use MINDBODY APP for weekly class openings

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).

COUER 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

5 Classes for \$100

**Private/Semi-Private Session available upon request*