


CONNEXION PILATES DUVERNAY

	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY		SATURDAY
AM	9:30 AM Reformer/Mat Level III <i>Carolyne</i>	9:30 AM Reformer/Mat Level IV <i>Valérie</i>		9:00 AM Reformer/Mat Level III <i>Valérie</i>	9:30 AM Reformer/Mat Level III <i>Carolyne</i>		9:30 AM Reformer/Mat Level IV <i>Valérie</i>	9:30 AM Reformer/Mat Level III <i>Carolyne</i>	9:00 AM Reformer/Mat Level III <i>Dominique</i>
	10:30 AM Reformer/Mat Level III <i>Carolyne</i>	10:30 AM Reformer/Mat Level II <i>Valérie</i>		10:00 AM Reformer/Mat Level III <i>Valérie</i>	10:30 AM Reformer/Mat Level III <i>Carolyne</i>	10:00 AM Reformer/Mat Level III <i>Isabelle</i>	10:30 AM Reformer/Mat Level III <i>Valérie</i>		10:00 AM Reformer/Mat Level II <i>Dominique</i>
				11:00 AM Reformer/Mat Level I <i>Valérie</i>					
PM				4:00 PM Reformer/Mat Level III <i>Carolyne</i>			5:00 PM Reformer/Mat Level II <i>Dominique</i>	 <p style="margin: 0;">CONNEXION PILATES</p> <p style="margin: 0;">WINTER 2020 - GROUP CLASS SCHEDULE</p> <p style="margin: 0;">DUVERNAY STUDIO</p> <p style="margin: 0;">JANUARY 6TH TO MARCH 28TH, 2020</p> <p style="margin: 0;">12-WEEK SESSION</p> <p style="margin: 0;">SUBJECT TO CHANGE</p> <p style="margin: 0;">(MINIMUM OF PARTICIPANTS REQUIRED TO LAUNCH A GROUP)</p> <p style="margin: 0;">55-minute classes</p>	
	6:00 PM Reformer/Mat Level III <i>Carolyne</i>	6:00 PM Reformer/Mat Level III <i>Justine</i>	6:00 PM Reformer/Mat Level III <i>André</i>	6:00 PM Reformer/Mat Level III <i>Carolyne</i>	6:00 PM Reformer/Mat Level III <i>Dominique</i>				
	7:00 PM Reformer/Mat Level III <i>Carolyne</i>	7:00 PM Reformer/Mat Level IV <i>Justine</i>		7:00 PM Reformer/Mat Level III <i>Carolyne</i>	7:00 PM Reformer/Mat Level III <i>Dominique</i>				
	8:00 PM Reformer/Mat Level IV <i>Carolyne</i>	8:00 PM Reformer/Mat Level III <i>Justine</i>	8:00 PM Reformer/Mat Level IV <i>André</i>						

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Group Class Level Descriptions

Pilates Reformer/Mat Level I

Ground yourself in the Pilates essentials, mastering proper technique to reap the benefits of group classes. This series helps participants develop true core strength and stability while heightening mind-body awareness.

Pilates Reformer/Mat Level II

Level II aims to improve coordination as it retrains muscles that may have become imbalanced over time. Suitable for participants who have mastered the Level I repertoire and are able to respond quickly and fluidly to cues. A medium-to-high intensity class perfect for those transitioning from the Level I. Exercises seek to activate the muscles and mobilize the joints. Level II improves technique and proper breathing while mastering flowing sequences designed to increase total body strength and control.

Pilates Reformer/Mat Level III

Level III is suitable for experienced Pilates participants looking to challenge themselves with an Intermediate repertoire. This series focuses on fluidity, endurance and mastering movement sequences and transitions. This fast-paced class, is designed to build endurance, enhance flexibility and strengthen the body.

Pilates Reformer/Mat Level IV

Level IV is suitable for experienced Pilates participants that have mastered the Level III repertoire and are looking to challenge themselves. A non-stop high-intensity class designed to keep your body in motion with minimal rest between exercises and targeting more than one muscle group at a time. This fast-paced class workout will enhance your endurance, strength and stamina.

Pilates Reformer/Mat Level V

The level V is not suitable for participants with even a minor injury as this class has a very challenging non-stop high-intensity, designed to keep your body in motion with minimal rest between exercises and targeting more than one muscle group at a time. Suitable for experienced Pilates participants who have mastered the Level IV repertoire and are able to respond quickly and fluidly to cues