

Schedule of Pilates Classes

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If you would like to know who is teaching the classes, call the club at **248-642-8500**

Yoga is beneficial for everyone. Postures stretch and tone. Muscles, joints, internal organs, and the nervous system all benefit from the poses, which have been used for thousands of years to maintain fitness as well as to treat specific physical injuries and ailments.

Day	Class Time	Class Type
Monday	8:30am - 9:30am	Pilates + Barre
Monday	10:30am - 11:30am	The Barre Class
Tuesday	6:00 - 6:45am	Pilates
Wednesday	8:30 - 9:30am	Pilates
Wednesday	6:15 - 6:30pm	Pilate Intro
Wednesday	6:30 - 7:30pm	Mat Plus-Pilates
Thursday	11:30 - 12:30pm	The Barre Class
Saturday	10:45 - 11:45am	Pilates
Sunday	8 - 9am	Pilates

Intro Pilates: This class is highly recommended prior to attending a Pilates Class. Learn the basic principles of Pilates. Introduced is the principles of pelvic & shoulder girdle stabilization, and the unique breathing patterns that are used to facilitate your movements and relax your muscles.

Pilates: An all-inclusive workout for those wanting strength, flexibility, focus, awareness, and relaxation. Focusing on movement quality to achieve a balanced body that feels as vital as it looks.

Matt Plus Pilates: Using small equipment including Fit-Balls, Medicine Balls, Straps & Fitness Circles that will integrate resistance, assistance & progressive overload.

The Barre Class: Male or female you can embrace this extraordinary workout. When you work at the barre you have a sense of center & balance that allows you to concentrate on the muscle group you are working on. Strength, stabilization & conditioning of the pelvic area & the inner thigh provide an excellent workout.

Pilates plus Barre : Pilates core and upper body conditioning plus super leg workout on the Barre.