



INTELLIGENT MOVEMENT CLASS SCHEDULE

UPDATED 2/1/19

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45am				Reformer Tower I/II Brianne		
7:30/7:45 8:00am	7:45 am Restorative Reformer Tower I/II Tessa			7:45 am MS Specific Brianne	8:00 am Restorative CoreAlign Tessa	7:30 am Reformer Tower II/III Brianne
9:00 am	Reformer Tower I/II Brianne	Functional Training/Oov I Emily		Oov & CoreAlign Combo II Tessa	Reformer Tower II/III Beth	Oov/Mat Technique Emily
10:00 am		Rest Ref/ Tower I Jennifer	Oov/ Mat I Brianne	GYROKINESIS® Dannielle	9:30-11 am 90 minute Functional Training/Oov Emily	Oov/ Mat I/II Brianne
11:00 am	Core Align I Tessa	Core Align I/II Tessa			Restorative Reformer Tower I Dannielle	
12:15 pm		Reformer Tower II Dannielle	Restorative Functional Training Jennifer	Reformer Tower I/II Brianne		
1:00pm	Restorative Reformer Tower I/II Shawnee				Restorative Reformer I/II Jennifer	
4:00 pm	Reformer Tower I/II Dannielle	Restorative Reformer Tower II/III Shawnee	Reformer Tower I/II Dannielle	Restorative Reformer Tower III* Amy	Reformer Tower I/II Dannielle	Sunday
5:15 pm Mat/Oov Mat	Oov/Mat II Amy		Mat III* Leslie	Ski Specific Functional Training Emily	Oov/Mat I Emily	
5:15 pm Reformer/ Tower/ CoreAlign	Reformer Tower III* Shawnee	CoreAlign I/II Jennifer	Ski Specific Reformer/Tower Amy	CoreAlign III Tessa	Reformer Tower II/III Dannielle	Reformer Tower II Jennifer
6:20 pm	Cycling Specific Functional Training Reformer/Tower Emily	Reformer Tower II Shawnee	Mat I Sarah	Reformer Tower I Jennifer	CoreAlign I/II Brianne	Mat I D.J.
7:30pm Reformer				TANGO Nicholas & Emily	Reformer Tower I DJ/Sheralee	*level III classes are open to those who are currently training with us 2+ times/wk

For your safety, we recommend attending our Pilates Intro class or 3-5 solo sessions prior to attending our regular classes. Please call to sign up!

Classes consist of 2 or more people, if you are the only person signed up for a class it can be turned into a solo for a rate of \$30. While drop-ins are welcome, we suggest you sign up ahead of time for class. Classes may be cancelled if there is no one signed up.

Class Pricing

	Single Class	Ten Punch Drop-In
Mat- Oov Mat - Gyrokinesis®- Restorative Oov	\$20.00	\$190.00
CoreAlign	\$30.00	\$280.00
Functional Training	\$25.00	\$240.00
MS Specific Classes	\$20.00	N/A
Reformer/Tower - Circuit - Oov Reformer	\$25.00	\$240.00
Restorative Reformer/Tower & 90 minute Functional Fitness	\$30.00	\$280.00

30-Day Unlimited Pass for \$260.00

Class Descriptions

Everybody can benefit from Intelligent Movement, but not all Intelligent Movement is best for every body. At Pinnacle Performance we are committed to involving our clients and challenging them to develop a movement program that is best suited for their limitations and strengths. We encourage you to challenge yourselves in our classes, but training at a level that causes you pain will lead to the development of faulty movement patterns and eventually lead to further injury. Please respect your body and the other clients who are training beside you when you choose your classes. We have established descriptions for our classes and our instructors and

Physical Therapists will help guide you in establishing a training program that works for you!

To read a full description of our Intelligent Movement/Pilates classes, please visit our web site at **www.pinnacle4performance.com/services/intelligent-movementpilates-classes**

- ❖ **Mat classes are limited to 10 participants.**
- ❖ **Functional Fitness and Reformer/Tower classes are limited to 8 participants.**
- ❖ **Circuit classes are limited to 6 participants.**
- ❖ **Core Align classes are limited to 5 participants.**

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