



353 Main Street Kentville

[www.swanone.ca](http://www.swanone.ca)

February 24-April 17 (8 weeks)

Time	Mon	Tues	Wed	Thurs	Fri
10:15		Barre Class			
11am				Beginner Weight Workout Max 15 must register	Barre Class
12-1pm	Weight Workout Max 15 Must register		Tissue Care (Pilates with Foam Roller & Stability ball)	TRX Max 8 Must register	Yoga & Pilates Functional Flow
5:00pm-6:00pm		Weight Workout Max 15 Must register	Tissue Care (Pilates with Foam Roller) 5:00-6:30pm	4:30pm Weight Workout Max 15 Must register	
6:15pm-7:15pm	TRX Max 8 Must register	TRX Max 8 Must register			

1. Cost for only Monday weight or Monday TRX class \$108.00+HST=\$124.20
2. Cost for Monday weight or Monday TRX class **plus** Thursday noon TRX or 4:30pm weight class \$200.00+HST=\$230.00
3. Cost for only Tuesday or only Thursday weight class@5pm & 4:30pm or Tuesday TRX@6:15pm \$108.00+HST=\$124.20
4. Cost for only Thursday TRX @ noon or Thursday strength class@11am \$108.00+HST=\$124.20
5. Cost for Tuesday@5pm Weight class or TRX class @6:15pm **plus** Thursday weight class@4:30pm or Thursday TRX class@12 noon \$200.00+HST=\$230.00

**Total up the number of Pilates classes (\$12.00/class and add 15% tax)**

Number of Barre Classes Tuesday@10:15am (8) and Friday@11am (7) No Class on Good Friday

Number of Tissue Care Classes (8) @noon & (8) @5pm

Number of Yoga & Pilates Functional Flow classes (7) No Class on Good Friday

**All classes must be paid in full on or before Monday March 2, 2020 to receive the \$12.00/class fee. Fee becomes \$20.00/class after March 2, 2020. Drop in fee \$20.00 per class**

Payment can be made by cash, cheque, Visa, MasterCard, Amex or e-transfer; please make cheques payable to Sherry Swanburg; no refunds will be issued for missed classes.

## CLASS DESCRIPTIONS

### **Tissue Care (Pilates with Foam Roller & Stability Ball) Wednesday @ 12 noon**

This class uses the stability ball to build strength and endurance while adhering to good postural alignment with a focus on core training. The foam roller will complement the workout by releasing tightness in muscles and tissues, creating a “massage like” effect for the whole body. The focus in this class is to maintain good postural alignment throughout all movements, and to support the body into a relaxed and rejuvenated state.

***Please bring your water bottle.***

### **Tissue Care (Pilates with foam roller) Wednesday @5pm**

Using tools such as the foam roller, various rolling balls, and Pilates mindful movements, the body's tissues are hydrated and coaxed to move out of tight patterns that cause pain and restrictions and instead into more ease with movement, promoting greater relaxation and healing for injuries within the body. Pilates movements are performed on the foam roller, providing a focus on good posture, and alignment as well as core training. Exercises performed on the foam roller provide a “massage” for the body which increases lymphatic drainage and promotes overall tissue health and relaxation. ***Please bring your water bottle.***

### **Yoga & Pilates Functional Flow Friday @noon**

This class brings a focus to moving with great posture and alignment by focusing on building endurance in deep core/stabilizer muscles while promoting range of motion and gentle flexibility throughout the body. With Pilates, you will undoubtedly have the best abs of your life and with basic Yoga flow patterns, an effortless and ease of movement in your body. There are no extreme movements in this class and all participants are encouraged to work at their own pace. This class is ideal for those who suffer from back, neck, knee or hip problems! ***Please bring your water bottle.***

### **TRX & Cardio (must pre-register) Monday & Tuesday @6:15pm, and Thursday @noon**

This is a suspension training system which uses your own bodyweight to develop strength, power, endurance, mobility, balance, flexibility, and the best abs you have ever had! Kettle bell exercises and cardio are added to the workout as drills.

***Please bring your water bottle and indoor sneakers. Max 8***

### **Weight Workout (must pre-register) Monday @noon, Tuesday @5pm, Thursday @4:30pm**

Build bone density; increase your overall strength, tone and energy with a weight workout. Training with weights is an important component to maintaining a healthy body weight as we age. Core training, flexibility, balance and cardio drills will be incorporated into class.

***Please bring your water bottle and indoor sneakers. Max 15***

### **Barre Class Tuesday @10:15 & Friday @11am**

This class will use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The Barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Also, this class will incorporate light handheld weights for upper body work, as well as mats for targeted core work. **Class is done in bare feet.**

***Please bring your water bottle***

### **Beginner Weight Class Thursday @11am**

This class will be particularly good for those getting back into strength training or new to it.

Weights, resistance bands, body weight and other forms of equipment will be used in this class for a full body workout. **Indoor sneakers** ***Please bring your water bottle. Max 15***