

# CINCO RANCH PILATES REFORMER AND SMALL-GROUP TRAINING SEPTEMBER 2021

**C** CONNECT STUDIO

**FF** FITNESS FLOOR

**R** RESULTS STUDIO

MONDAY	
TIME	CLASS
<b>R</b> 9:00am	Strength Gain
<b>C</b> 9:30am	Pilates Reformer - Cardio/Jump
<b>C</b> 6:00pm	Pilates Reformer - Beginner

THURSDAY	
TIME	CLASS
<b>C</b> 9:00am	Pilates Reformer - Beginner
<b>C</b> 10:00am	Pilates Reformer - Inter/Adv
<b>C</b> 6:00pm	Pilates Reformer - Beginner

TUESDAY	
TIME	CLASS
<b>C</b> 9:00am	Pilates Reformer - Beginner
<b>R</b> 5:30pm	Fat-Burn Boot Camp
<b>C</b> 6:00pm	Pilates Reformer - Beginner

FRIDAY	
TIME	CLASS
<b>FF</b> 9:00am	ACE Fitness
<b>C</b>	Pilates Reformer - Beginner
<b>R</b> 9:00am	Strength Gain

WEDNESDAY	
TIME	CLASS
<b>C</b> 9:00am	Pilates Reformer - Beginner
<b>C</b> 10:00am	Pilates Reformer - Inter/Adv
<b>R</b> 11:30am	Lean + Tone

SATURDAY	
TIME	CLASS
<b>R</b> 8:30am	Kickboxing
<b>C</b> 10:00am	Pilates Reformer - Beginner

## SMALL-GROUP TRAINING | 60-MINUTE CLASSES (PRICED PER PERSON)

	FITNESS	PILATES	EXPIRATION
1 Session	25	25	3 Months
12 Sessions	216	276	6 Months
24 Sessions <i>Family Share Plan available</i>	384	480	9 Months

*No refunds | Non-transferable*



# SMALL-GROUP TRAINING

Personalized training in a fun and collegial setting to help you reach your goals. Choose your program and start today!

Looking for fast and comprehensive results? Try group Pilates Reformer for core strengthening, enhanced range of motion, and improved body composition.

**AGES 13+**

## ACE FITNESS

Small-group training for tennis enthusiasts of all levels.

In a balanced full-body workout, you will build your best game from the ground up with exercises that strengthen joints and muscles for precision shots, explosive movement on the court, and endurance. Focus is on strength, flexibility, balance and agility.

## FAT-BURN BOOT CAMP

Get your heart pumping with versatile workouts targeted for optimal fat burn -- from bodyweight drills, circuit training, HIIT, and more -- you'll never experience the same class twice. Allow us to elevate your workout.

## KICKBOXING

Join us for a high-energy, non-contact cardio workout. Perfect your jabs, uppercuts, and roundhouse kicks while challenging your technique, endurance and concentration.

## LEAN + TONE

Change the shape of your body and make the most of your time with an effective, purposeful exercise program that utilizes training protocols to shed fat and build lean muscle. Get the benefits of muscle building and toning in a fun class where options are endless.



## PILATES REFORMER

Establish core stability, postural alignment, and reduce stress while you lengthen and strengthen your muscles in this low-impact, full-body workout. Springs, body weight, and leverage on the reformer provide resistance as we guide you through flowing sequences. This dynamic form of Pilates improves muscle endurance, promotes coordination, toning, balance, and injury prevention, and is beneficial for all fitness levels.

## PILATES REFORMER CARDIO/JUMPBOARD

Enjoy even greater plyometric and cardio benefits with a jumpboard. The added upper-body exercises and required range of movement and control will challenge your muscles, body awareness and core control. While this class is suitable for all fitness levels, we recommend that you experience at least one Pilates Reformer class before progressing to this workout.

## STRENGTH GAIN

Develop greater movement ability under heavier loads to perform daily tasks with greater efficiency and overall confidence. Experience strength gain that translates to life.