

SMALL-GROUP TRAINING

Personalized training in a fun and collegial setting to help you reach your goals. From fat burn to athletic performance to low-impact body conditioning, 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+ *unless otherwise noted*

ATHLETIC PERFORMANCE

AGES 15+ *unless otherwise noted*

Optimize your speed, quickness, strength, movement, and overall conditioning with a focus on mobility and stability to prevent injuries. Our high-level expertise and guidance will prepare you for any challenge.

AGES 9 – 14

Improve your sports performance and get the most out of your workouts. Optimize speed, quickness, strength, movement, athletic conditioning, mobility, and stability. Sessions provide appropriate intensity and training volumes while maintaining a focus on injury prevention and athletic performance.

ENHANCED MOVEMENT

Enhance your overall movement ability. Whether you are seeking pre/post-rehabilitation or desire to move with greater confidence, our integrated approach will guide you.

FAT BURN

Get your heart pumping with high-intensity interval training, a combination of cardio and strength exercises targeted for optimal fat burn.



LEAN AND TONE

Change the shape of your body by maximizing the intensity of your workouts and recovery times.

PILATES REFORMER

Establish core stability and postural alignment while working peripheral limbs in a range of motion to lengthen and strengthen muscles. As you progress, the fitness challenge becomes greater, resulting in visible improvement in muscle definition.

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.

TOTAL EQUIPMENT PILATES REFORMER

Develop lean, long muscles while focusing on strength, flexibility, and balance. This class targets all muscle groups by incorporating a variety of equipment.

VillaSport
ATHLETIC CLUB AND SPA

JULY - SEPTEMBER 2019 SCHEDULE

MONDAY	
TIME	CLASS
CR 6:00am	Athletic Performance
D 8:15am	Pilates Reformer
CR 9:30am	Fat Burn
D 11:00am	Pilates Reformer
CR 4:30pm	Fat Burn
D 4:30pm	Pilates Reformer
D 5:30pm	Pilates Reformer
D 6:30pm	Pilates Reformer
CR 6:30pm	Strength Gain
WEDNESDAY	
TIME	CLASS
CR 6:00am	Athletic Performance
D 6:00am	Pilates Reformer
D 9:00am	Pilates Reformer
CR 9:15am	Lean and Tone
D 10:15am	Pilates Reformer
CR 11:00am	Lean and Tone
D 11:30am	Pilates Reformer
CR 4:30pm	Strength Gain
D 4:30pm	Pilates Reformer
D 5:30pm	Pilates Reformer
D 5:30pm	Athletic Performance
C 6:00pm	Enhanced Movement
FRIDAY	
TIME	CLASS
CR 6:00am	Athletic Performance
CR 8:00am	Lean and Tone
D 9:00am	Pilates Reformer
CR 9:15am	Lean and Tone
D 10:15am	Pilates Reformer
D 11:30am	Pilates Reformer
D 4:30pm	Pilates Reformer
CR 4:30pm	Strength Gain
D 5:30pm	Pilates Reformer

TUESDAY	
TIME	CLASS
D 6:00am	Fat Burn
D 8:30am	Pilates Reformer
CR 9:30am	Athletic Performance
D 9:30am	Pilates Reformer
D 10:30am	Pilates Reformer
D 11:30am	Pilates Reformer
D 4:30pm	Pilates Reformer
D 5:30pm	Pilates Reformer
D 6:30pm	Pilates Reformer
THURSDAY	
TIME	CLASS
CR 6:00am	Fat Burn
D 8:30am	Pilates Reformer
D 9:30am	Pilates Reformer
CR 9:30am	Athletic Performance
D 10:30am	Pilates Reformer
D 11:30am	Pilates Reformer
CR 4:30pm	Strength Gain
D 4:30pm	Pilates Reformer
CR 5:30pm	Strength Gain
D 5:30pm	Pilates Reformer
D 6:30pm	Pilates Reformer
SATURDAY	
TIME	CLASS
D 9:00am	Pilates Reformer
D 10:00am	Pilates Reformer
CR 11:00am	Enhanced Movement
D 11:00am	Pilates Reformer
P 1:30pm	Enhanced Movement - Aqua

D STUDIO D CR CLUB ROOM
P POOL C CARDIO FLOOR

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

PACKAGE	FITNESS	PILATES	EXPIRATION
1 Session	25	25	3 Months
12-Pack	216	276	6 Months
24-Pack	384	480	9 Months

No refunds | Non-transferable