

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 specified)*

ATHLETIC PERFORMANCE IMPROVEMENT

AGES 9 – 15

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.

AGES 16+

Whether you are training for life goals or enhanced athletic performance, this class is dedicated to the development of muscular and cardiovascular endurance, balance, power, coordination, and reaction time while exploring all planes of motion. Sessions become progressively challenging as you enhance your skills using an array of strength and conditioning tools, such as kettlebells, medicine balls, sleds, plyo boxes, speed, agility, quickness drills, and more.

ENHANCED MOVEMENT

Centered on overall movement ability, sessions incorporate core activation, balance, stability, strength training, and flexibility to improve performance, prevent injury, continue the rehabilitation process, or recapture range of motion. Our specialists in corrective exercise/post-injury/rehab use mindful and practical applications to design programs that build confidence and skills. Our integrated approach increases strength and energy, and improves quality of life.

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 experience.



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.

METABOLIC PERFORMANCE

Torch calories in cardio and compound movements that enhance endurance and strength while in your fat-burning zone. Be prepared to get acquainted with functional equipment to help you move better in and outside of the club.

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.

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.

VillaSport
ATHLETIC CLUB AND SPA

OCTOBER - DECEMBER 2019 SCHEDULE

MONDAY		
TIME	CLASS	
CL 6:00am	Athletic Performance (16+)	
D 8:15am	Pilates Reformer	
CL 9:30am	Fat-Burn Boot Camp	
D 11:00am	Pilates Reformer	
CL 4:30pm	Strength Gain	

TUESDAY		
TIME	CLASS	
CL 6:00am	Fat-Burn Boot Camp	
D 8:30am	Pilates Reformer	
D 10:30am	Pilates Reformer	
D 11:30am	Pilates Reformer	
CL 4:00pm	Athletic Performance (9 - 15)	
D 4:30pm	Pilates Reformer	
D 5:30pm	Pilates Reformer	
D 6:30pm	Pilates Reformer	

WEDNESDAY		
TIME	CLASS	
CL 6:00am	Athletic Performance (16+)	
D	Pilates Reformer	
CL 9:15am	Lean + Tone	
D 9:30am	Pilates Reformer	
CL 10:30am	Pilates Reformer	
D 11:30am	Pilates Reformer	
D 4:30pm	Metabolic Performance	
D	Pilates Reformer	
CL 5:30pm	Pilates Reformer	
CL 6:00pm	Enhanced Movement	

THURSDAY		
TIME	CLASS	
CL 6:00am	Fat-Burn Boot Camp	
D 8:30am	Pilates Reformer	
D 9:30am	Pilates Reformer	
D 10:30am	Pilates Reformer	
D 11:30am	Pilates Reformer	
CL 4:30pm	Strength Gain	
D	Pilates Reformer	
D 5:30pm	Pilates Reformer	
D 6:30pm	Pilates Reformer	

FRIDAY		
TIME	CLASS	
CL 6:00am	Athletic Performance (16+)	
CL 8:00am	Lean + Tone	
CL 9:15am	Lean + Tone	
D 10:30am	Pilates Reformer	
D 11:30am	Pilates Reformer	
D 4:30pm	Pilates Reformer	
CL	Strength Gain	
D 5:30pm	Pilates Reformer	

SATURDAY		
TIME	CLASS	
D 9:00am	Pilates Reformer	
D 10:00am	Pilates Reformer	
CL 11:00am	Enhanced Movement	
D 12:00pm	Pilates Reformer	
P 1:30pm	Enhanced Movement - Aqua	

SUNDAY		
TIME	CLASS	
D 10:00am	Pilates Reformer	
D 11:00am	Pilates Reformer	

CL CLUB ROOM D STUDIO D P POOL

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

PACKAGE	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