

# 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
<b>A</b> 9:15am	Pilates Reformer

SATURDAY	
TIME	CLASS
<b>FF</b> 9:00am	Athletic Performance (Ages 9 - 14)

WEDNESDAY	
TIME	CLASS
<b>A</b> 9:15am	Pilates Reformer
<b>FF</b> 6:30pm	Athletic Performance (Ages 9 - 14)

**A** STUDIO A

**FF** FITNESS FLOOR

## ENJOY FLEXIBILITY

Our drop-in pricing offers you the flexibility to enjoy a variety of small-group training classes. Purchase a single session or save with our 12- and 24-packs! To reserve your spot in a class, please visit [villasport.com](http://villasport.com) or stop by the Fitness Advice Center or Concierge Desk.

## 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*