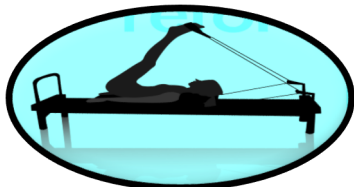


Fall 2018 ~ Pilates Reformer Group Class Schedule

Starting September 4

Pre-registration Required ~ online booking recommended



Schedule of classes is subject to changes, additions, substitutions & cancellations without advance notice. Check online schedule for the most up-to-date schedule available.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|-----------------------------------|---|--|
| 9am Classic Reformer Megan | 9am Jump Board Blend Megan | 9am Yoga Blend Megan | X | 7 am Jump Board Blend Megan |
| X | X | X | 4 pm Classic Reformer Beth | 8 am Jump Board Blend Megan |
| 4pm Classic Reformer Megan | 5pm Classic Reformer Beth | X | 5pm Yoga Blend Beth | X |

Class Descriptions:

| | |
|-------------------------|---|
| Classic Reformer | Learn the essentials of Pilates Reformer in a moderate paced, restorative environment. Participants will learn how to safely perform Reformer exercises while strengthening muscles and improving posture and core strength. Great for any individual with injuries, tension, poor posture, weak muscles and low flexibility. 45 minute class |
| Yoga Blend | Yoga Blend on the reformer or Zenga Pilates integrates 4 basic principles of; breath for mind body awareness, support and balance (involving static and dynamic posture), and flow for fluidity of movement. Zenga workouts are functional combining strength, endurance, flexibility and dynamic stability of the entire body. |
| Jump Board Blend | Interested in trying Pilates jump board and still enjoy the Pilates Reformer you love? Try out this unique blend of cardio jump board and traditional Pilates Reformer exercises. 45 minute class. |

All classes are held at Ways to Wellness on the Woodwinds Health Campus: 1825 Woodwinds Drive, Woodbury, MN 55125.

Attention HealthEast Employees: "Wellness dollars" may be used for payment. Please complete the "[Wellness Dollars Agreement](#)" found on the Infonet and submit to Ways to Wellness for processing payment.

For all questions, please email us at: waystowellness@healtheast.org or call 651.232.1926.

Visit us on the web: www.healtheast.org/waystowellness

