

The American Club

# Pilates Studio Schedule

2018

Jan 8 – Feb 24

www.amclub.org.sg

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30 - 8:30 a.m. <b>Mat &amp; Reformer Blend (Multi-level)</b> Annie		7:30 - 8:30 a.m. <b>Mat &amp; Reformer Blend (Multi-level)</b> Erick			
8:30 - 9:30 a.m. <b>Mat &amp; Reformer Blend (Int-adv level)</b> Annie	8:30 - 9:30 a.m. <b>Circuit Training (Multi-level)</b> Erick	8:30 - 9:30 a.m. <b>Sculpt &amp; Strengthen (Int-level)</b> Annie	8:30 - 9:30 a.m. <b>Jumpboard Toning (Multi-level)</b> Erick	8:30 - 9:30 a.m. <b>Pilates Barre (Multi-level)</b> Annie		
9:30 - 10:30 a.m. <b>Sculpt &amp; Burn (Multi-level)</b> Annie	9:30 - 10:30 a.m. <b>Power Reformer (Int-level)</b> Erick	9:30 - 10:30 a.m. <b>Reform Butt &amp; Thighs (Multi-level)</b> Annie	9:30 - 10:30 a.m. <b>Power Reformer (Int-level)</b> Annie	9:30 - 10:30 a.m. <b>Mat &amp; Reformer Blend (Int-level)</b> Jenny	9:30 - 10:30 a.m. <b>Reformer (Multi-level)</b> Katherin	
10:30 - 11:30 a.m. <b>Mat &amp; Reformer Blend (Multi-level)</b> Jenny			10:30 - 11:30 a.m. <b>Sculpt &amp; Strengthen (Multi-level)</b> Erick	10:30 - 11:30 a.m. <b>Pilates for Beginners (Mat &amp; Reform) Multi-level</b> Katherin		

The last Pilates class held within The Club will be on Saturday, February 24. **From February 26, all Pilates classes will be conducted at International Building.** You can find the full info at the back of winter schedule description.

- All classes are subject to availability
- A 24-hour cancellation policy applies to all private and group classes
- Advanced booking is required for all private, semi-private, and group classes, call the Pilates Studio at **6739-4465** or the Sports Counter at **6739-4312**.
- Advisable for participants to wear socks during classes

Those new to Pilates will have to go through a mandatory assessment by our instructor(s) to ensure you master your fundamental movements before you join your friends at our group sessions. Please call our studio to arrange for a private assessment by our instructor(s). For more information or bookings, please call the Pilates Studio at **6739-4465** or the Sports Counter at **6739-4312**.

# class description

## GROUP EQUIPMENT CLASSES

**Beginner** - suitable for members who has basic knowledge of how to use a reformer and doesn't have special issues such as severe back pain

**Advanced** - on recommendation from your instructor only

**Mat & Reformer Blend** - Traditional Pilates warming up with matwork and working your whole body on the reformer

**Core Reform** - A brand new group class specially designed to bring together the best from Pilates, resistance training, stretching and fast flowing dance movement all set to adrenaline inspiring music

**Core Barre** - A blend of ballet inspired toning and reformer based whole body workout

**Power Reformer** - Everything you can do on a reformer that builds strength and flexibility

**Springwall & Reformer** - A mix of unilateral work on the springwall and postural exercise on the reformer

**Reformer** - Pure reformer workouts for those who love spring resistance

**Intermediate** - suitable for members who already know the common exercises and have good core strength

**Multilevel** - suitable for all members from beginner onwards

**Circuit Training** - Whatever the instructor feels like today! You will get a mix of different exercises each time

**Sculpt & Strengthen** - Reformer classes aimed at toning and shaping without building bulk

**Jumpboard Toning** - Cardio workout on the reformer that builds your core while emphasising leg work

**Athletic Conditioning** - High intensity reformer workouts with no breaks

**Reform Butt & Thighs** - pre-choreographed modern adaptation of traditional Pilates designed specifically to strengthen butt and thighs

**Sculpt & Burn** - Fast paced high rep reformer workouts to shape your body

*Pre/Post-Natal class is available upon request. Please check with the instructor.*



Please note that our Pilates Studio will be temporarily closing in early 2018 as part of our redevelopment. The last Pilates class held within The Club will be on February 24. From February 26, we will offer Pilates just down the road at International Building, right next to Shaw Centre. You will still enjoy the same instructors we have at The Club and billing will continue to be done through The Club for your convenience. Keeping fit is important for all of us, so you'll be able to park at The Club during class times. This temporary move is scheduled to last until Q3 2018, after which, the Pilates Studio will be open again at The Club.

**New Address: International Building #09-03 360 Orchard Road Singapore 238869**

