

OptionsPilates

Providing Options in Intelligent Exercise

Pilates Certification • Unlimited Group Class • Prenatal and Postnatal Pilates • Post Rehab Pilates



CLASS SCHEDULE

All classes are held at Options Pilates located in International Building, #09-03, Singapore 238869

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30AM		Mat & Ref Fusion Annie		Mat & Ref Fusion Erick		
8:30AM	Mat & Ref Advance Annie AmClub Members Only	Circuit Training Erick AmClub Members Only	Sculpt & Strengthen Annie AmClub Only	Jumpboard Toning Erick AmClub Members Only	Power Reformer Annie AmClub Members Only	
9:30AM	PAI Reformer (Japanese) Koko	Power Reformer Erick	Reformer Butt&Thighs Annie	PAI* Reformer (Japanese) Koko	Reformer Advance Jenny	Reformer Katherin AmClub Only
10:30AM	Mat & Ref Fusion Jenny	Reformer Freestyle Eugena	Reformer Freestyle Melissa	Matwork (Japanese) Koko	Mat & Ref Fusion Katherin	PAI* Reformer Eugena
11:30AM		Matwork (Japanese) Koko	PAI Mat Melissa	Reformer Advance Jenny		PAI* Matwork Melissa
12:30PM	PAI* Fusion Jenny	Pre-Natal Katherin	PAI Reformer Melissa	Pre-Natal Jenny	PAI* Reformer Melissa	Pre-Natal Melissa
1:30PM		Post-Natal Katherin	Matwork (Japanese) Koko	Pilates for Beginners Eugena	Post-Natal Melissa	
2:00PM						
6:30PM			Reformer Freestyle Angie	Pilates for Beginners Kim		
7:00PM		PAI* Matwork Eric				

* PAI: Pilates Academy International (Pilates Method based in New York, USA)

- Class schedule may change without prior notice.
- Classes will only proceed with a minimum sign-up of 2 clients/3 mentees, except for Pre/Post-natal and Jungle Sports Fitness.

CLASS DESCRIPTION

PAI Matwork (Multi-Level) is a great way to kick-start your Pilates journey and build strong foundations. In mat exercises, your own body weight creates resistance that in turn, challenges your body's "powerhouse". Improved strength, posture,

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agility and flexibility are examples of the wonderful benefits you will see in your body within a few weeks, not to mention lean toned muscles!

PAI Reformer (Multi-Level) Using pulleys and springs to create resistance, the reformer offers all the benefits of Pilates including overall strength, flexibility, coordination and balance. These translate into efficient and graceful movement, postural improvements, and often, pain relief in conditions associated with physical imbalances

Mat and Reformer Fusion (Multi-Level) bring together the benefits of the Mat and Reformer repertoire and provide a wide spectrum of exercises that will target not just your core, but also tone your arms, thighs and legs. Be prepared to be challenged in your coordination, body awareness and strength.

Reformer Freestyle (Multi-Level) provides an endless variety of exercises that will never leave you bored. Get lean and energized with each session that is designed to strengthen the core, tone the hips and thighs, and flatten the abs.

Mat Freestyle (Multi-Level) traditional Pilates Mat exercises are infused with functional movements and movement variations, with props being often used to intensify muscular activation. Expect to be introduced to new ways of performing familiar exercises, fun yet challenging routines on the BOSU® balance trainers and foam rollers, working with additional resistance from bands and fitness circles, and much more.

Reformer Grit (Intermediate - Advanced) is an intense yet energizing workout that will push your physical limits and excite even the most elite of athletes. Experience progressions from familiar reformer exercises and attempt new and unique movement patterns with the addition of advanced level exercises (tiers 4 and 5). This intense 55 min class challenges your strength, stability, flexibility, balance and endurance to the highest degree.

Circuit Training (Intermediate - Advanced) will get to try bodyweight exercises on the stability chair, functional work on the tower that will work your arms, legs and core simultaneously, challenge your spinal strength and mobility on the barrel, and much more!

Pre-Natal Pilates (Low Intensity Level) focusing on total body integration, breathing and releasing techniques, ease of movements and preparation for labor positions. Focus is placed on strengthening the neutral position of the lumbo-pelvic region and posterior muscles which mums require to support the growing baby in the tummy.

Post-Natal Pilates (Low Intensity Level) specially designed to restore mums to confidence and strength again. Attention is focused on realigning the body after childbirth, rehabilitating the pelvic floor and increasing the strength of the postpartum body gradually

Jungle Sports Fitness (Multi-Level) This suspension training is unlike many others – the big focus is on stimulating and strengthening the muscular and neuromuscular system to optimize weak-links, motion control and motion quality. Muscle activation and function is enhanced, creating awareness to muscles that are inactive– which assist in realigning the body and bringing greater stability to the different joints in the body.

Sculpt and Strength (Intermediate - Advanced) Reformer classes aimed at toning and shaping without building bulk

Power Reformer (Intermediate - Advanced) Everything you can do on a reformer that builds strength and flexibility.

Reform Butt and Thighs (Intermediate - Advanced) Interval training using Pilates reformer and mat exercises designed specially to strength butt and thighs.

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