



Group Class Registration Form - Winter 2019

Regular Group Classes – 12 week semester 1/7-3/30	Group Reformer Classes – 6 week semesters
<ul style="list-style-type: none"> • Awesome Abs - \$125 • Barre-Core - \$160 • Everybody Yoga - \$170 • Gentle Yoga - \$170 • Yogilates - \$160-\$170 	<ul style="list-style-type: none"> • Semester 1: 1/7-2/11 <ul style="list-style-type: none"> ○ Regular Reformer (45 min.) - \$190-\$225 ○ Mixed Equipment (30 min.) - \$150-\$180 • Semester 2: 2/18-3/30 <ul style="list-style-type: none"> ○ Regular Reformer (45 min.) - \$190-\$225 ○ Mixed Equipment (30 min.) - \$180

<p style="text-align: center;"><u>MONDAY</u></p> <p>6:15 – 7:00 p.m. – Barre-Core – Bradley Dean 7:15-8:15 p.m. –Everybody Yoga- Mara Collinson</p> <p style="text-align: center;"><u>TUESDAY</u></p> <p>5:30 – 6:30 p.m. – Yogilates – Susan Spangler 7:15 – 8:15 p.m., - Everybody Yoga - Mara Collinson</p> <p style="text-align: center;"><u>WEDNESDAY</u></p> <p>10:00 – 11:00 a.m. – Gentle Yoga – Mara Collinson 7:30 – 8:00 p.m. – Awesome Abs (Pilates Mat) – Bradley Dean</p> <p style="text-align: center;"><u>THURSDAY</u></p> <p>6:45 p.m. – Fundamentals of Trampoline</p> <p style="text-align: center;"><u>FRIDAY</u></p> <p>10:30 – 11:30 a.m. – Gentle Yoga – Veronica Englert</p> <p style="text-align: center;"><u>SATURDAY</u></p> <p>8:30 – 9:30 a.m. – Yogilates – Susan Spangler</p>	<p style="text-align: center;"><u>MONDAY</u></p> <p>9:30 – 10:15 a.m. – Reg. Reformer – Susan Spangler 1:00 - 1:45p.m.- Reg. Reformer – Susan Spangler 7:00 – 7:45 p.m. – Reg. Reformer – Bradley Dean</p> <p style="text-align: center;"><u>TUESDAY</u></p> <p>10:30 – 11:00 a.m. – Mixed Equip. – Franchesca Smallwood 6:45 – 7:30 p.m. – Pilates Bootcamp – Franchesca Smallwood</p> <p style="text-align: center;"><u>WEDNESDAY</u></p> <p>9:30 – 10:15 a.m. – Reg. Reformer – Susan Spangler 7:00-7:30 p.m. – Totally Tower- Bradley Dean</p> <p style="text-align: center;"><u>THURSDAY</u></p> <p>9:00-9:30- Mixed Equip. – Franchesca Smallwood 12:00 – 12:45 p.m. – Reg. Reformer – Franchesca Smallwood 5:00 – 5:45 p.m. – Reg. Reformer – Susan Spangler 6:30 – 7:15 p.m. – Reg. Reformer – Susan Spangler</p>
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<p>*SHORTIE CLASSES*</p> <ul style="list-style-type: none"> • Monday (1/7-2/11 and/or - 2/18-3/25) Bellicon Mini-Trampoline MOVE 12-12:45p.m \$120 • Mondays (1/7-2/11 and/or - 2/18-3/25) Bellicon Mini-Trampoline MOVE 5:15-6:00p.m. \$120 • Wednesdays (1/9-2/13 and/or -- 2/20-3/27) Bellicon Mini-Trampoline MOVE 6:15-7:00p.m. \$120 • Thursdays (1/10-2/14 and/or - 2/21-3/28) Bellicon Mini-Trampoline MOVE 7:30-8:15p.m. \$120 • Fridays (1/11-2/15 and/or -2/22-3/29) Tai Chi 6:00-7:00p.m. \$90.00 • Saturdays (1/12-2/16 and/or -2/23-3/30) Bellcion Mini-Trampoline MOVE 10:00-10:45 a.m 	
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Open House 1/5/19 Bring-a-friend. 12-3 p.m. R.S.V.P. only.

<p style="text-align: center;"><u>Workshops/Announcements:</u></p> <p>Cooking Made Easy! 1/26 12-4 p.m. \$99 includes food</p> <p>12 Steps to Better Health 1/12 11:30-12:30 am FREE</p> <p style="text-align: center;">Essential Oils 1/12 2-3 pm FREE</p> <p style="text-align: center;">Body Rolling 3/16 4-6 p.m. \$125 (Includes Props)</p> <p>Spring Liver Detox 4/6 & 4/13 12-3 p.m. \$145 includes food + supplements- \$45 off if you sign up by 1/1/19</p> <p>Group Health Counseling 2/2, 2/9, 3/2 & 3/16 12-3 pm \$229</p> <p>Yoga Nidra 1/25, 2/22, 3/29 7:15 p.m. \$50/3, \$20/single</p>	<p style="text-align: center;"><u>FREE CLASS WEEK</u></p> <p style="text-align: center;"><u>Tuesday 1/1/19</u></p> <p>P.R.O.V.E. Method for Healthy Eating 4-5 pm Fundamentals of Trampoline 5:15-5:45 pm Everybody Yoga 6-6:30 pm Pilates Boot Camp 6:45-7:15 pm Awesome Abs/Pilates Mat 7:15-7:45 pm</p> <p style="text-align: center;"><u>Wednesday 1/2/19</u></p> <p>Gentle Yoga 10-10:30 am Barre-Core 6:30-7 pm Awesome Abs/Pilates Mat 7:15-7:30 pm</p> <p style="text-align: center;"><u>Thursday 1/3/19</u></p> <p>Mixed Pilates Equipment 6:45-7:15 pm Fundamentals of Trampoline 7:30-8 pm</p> <p style="text-align: center;"><u>Friday 1/4/19</u></p> <p>Tai Chi 6-6:30 pm Yoga Nidra 6:45-7:15 pm Living a Mindful Life 7:30 pm</p>	<p style="text-align: center;">How to Register?</p> <p>Name: _____</p> <p style="text-align: center;">Circle your class selection above!</p> <p>Method of Payment:</p> <p>___ Card on file</p> <p>___ Check attached</p> <p>___ Cash attached</p> <p>Bring a friend (to FREE class week) to try a class! Please R.S.V.P.</p>
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Enrollment Process

Only your payment will reserve your space in class. Registration is first come first serve. No refunds or credits are issued for missed classes. If you pre-plan your absences, with 48 hours notice, we are usually able to offer you a make up class. If you plan to miss class, please submit a make up request form and you will be contacted with options for make up classes. For inclement weather concerns, call the studio 2 hours before your class—if class is cancelled, the recording will be updated.

Registration Options

Mail: Mail a check payable to Pilates Plus Wellness Center, 14400 Old Mill Rd. #201, Upper Marlboro, Maryland, 20772.

Drop Off: Drop your payment off at the studio at anytime; there is a brass mail slot in the door. Please don't leave cash.

Online: Register by credit card; visit our website and follow the links to online registration; we accept MCard, Visa and Discover

Class Discounts

1. If you pay by cash or check, and are currently taking private lessons, a 5% discount on class fees.
2. If you pay by cash or check, and register for multiple classes, take 5% off the lowest priced class.
3. New clients may purchase a single, private Pilates lesson with a 10% discount. Packaged rates remain discounted.

Awesome Abs-This power-packed 30-minute class will make you feel your abs for days after! This class is a combination of Pilates Mat exercises and targeted core exercises that use props, such as balls, bands, and boxes. Don't have a lot of time? This class is efficient and effective; all you need is 30 minutes to kickstart the body you want.

Barre-Core is fusion of ballet, strength work, and active isolated stretching that does not require previous dance experience. This is a sequence of fun moves to upbeat music that will work those "trouble zones" including the belly, legs and thighs (BLT) using the barre and finishing on the mat. Class is 45 min.

Bellicon Mini-Trampoline MOVE- The Bellicon Trampoline MOVE class It is a comprehensive, restorative, low-impact, total body exercise, perfect for people of any age and fitness level. Training balance on the Bellicon is particularly effective thanks to the pliable mat which requires constant adaptation, focus and coordination. Students who bounce achieve gentle strengthening of the joint--as there no pressure load on the ankle, knee and hip joints while rebounding. The beauty in bouncing includes, muscle development, with the continuous gravitational changes all muscles are engaged involuntarily, especially the deep muscles. The genius of rebounding is the facilitation of the lymphatic system cleansing, as rebounding activates the muscle pumps and starts the transport of lymph. New oxygen is brought to the lymph nodes and toxins are removed. This class, mostly performed in a close chain bounce, with feet never lifting from the mat, Bellicon Move produces a soft bounce enhancing posture and core muscles engagement.

Everybody Yoga – This is a class for everybody! We teach it as a non- competitive discipline where everyone works at their own pace and comfort level. This class recognizes we are ALL DIFFERENT and celebrates you! All poses can be modified to individual needs and each person is encouraged to listen and know their own body. You can make this class challenging or restful if you need it. Yoga meets your needs – you don't have to meet the expectations of yoga or a teacher.

Gentle Yoga – Class is designed for all levels but taught at the most basic level with a strong focus on Yoga Therapy techniques. All classes begin with various footwork exercises and include basic yoga poses and balance postures. Class is 60 min.

Group Mixed Equipment – This is a super fun format! We do Pilates Tower, Pilates Wunda Chair, and Pilates Mat, all in one power- packed 30- minute session. This class is ideal for clients who need to add one more Pilates session to their weekly schedule, great for clients who need variety, and perfect for anyone just starting Pilates.

Group Reformer- This 45 min. class pairs students into trios on classic Pilates Reformers. Our studio uses combination tower/reformer units. Classes are beginner, mixed, and intermediate. A pre-req. to the Beginner level class is Fundamentals of Reformer or a private lesson. Each class covers a classic designed choreography which includes variations and modifications of all basic patterns of movement (flexion, extension, side-bending and rotation)

Pilates Bootcamp- This class combines classic Pilates exercises on the Pilates Wunda Chair and the standing exercises (like boxing, squats and pushups) on the Pilates Tower. This is a fast-paced class that builds on what students have previously learned; class is 45-minutes. Beginners are welcome but suggest a few private lessons prior.

Tai Chi – You will learn effective forms of stretching and strengthening exercises, the Yang Form, and basic Qigong exercises. Tai Chi will help you balance, slow down, and appreciate the beautiful flow of this form of exercise.

Totally Tower- Performed in its entirety, this tower workout is challenging even for most experienced Pilates student. Using the Pilates Tower, resistance exercises are performed that strengthen the core and challenge balance. Exercises are performed kneeling, standing, and supine so that the powerhouse is challenged in a variety of positions. Classic exercises like "Squats" are given a whole new perspective and students will leave class feeling like the "whole body" was worked!

Yogilates – Combines basic Pilates Mat exercises and beginner Yoga poses This class is great for students who want to explore each discipline. Class is 60 min.

Yoga Nidra, or Yogic Sleep is a profoundly restorative and healing practice. The process of yoga nidra combines meditation, intention, and relaxation to work at the most subtle level to restore balance by releasing excess tension and stress. This practice is the art of "not doing," taking your body and mind on a journey through different awareness techniques and giving yourself the permission to restore and revitalize your body on a deep level. It is said that 45 minutes of yoga nidra is as powerful as 3-4 of hours of sleep! All are welcome. There is very little movement during this practice allowing anyone with an openness to healing themselves practice.