



TONE STUDIO

Tone at Oxford

MON	TUES	WED	THUR	FRI	SAT	SUN
8:30AM PILATES CHAIR (45)	9:30AM PILATES EQUIPMENT LVL. 1-2 \$	8:30AM PILATES CHAIR (45)	9:30AM PILATES EQUIPMENT LVL. 1-2 \$	8:45AM PILATES CHAIR (45)	9:00AM PILATES CHAIR (30)	
9:30AM PILATES EQUIPMENT LVL. 1-2 \$	12:00PM PILATES SPECIAL NEEDS \$	9:30AM PILATES EQUIPMENT LVL. 1-2 \$		9:30AM PILATES EQUIPMENT LVL. 3 \$	9:30AM PILATES EQUIPMENT LVL. 1-2 \$	
11:30AM PILATES EQUIPMENT BEGINNER \$		11:30AM PILATES EQUIPMENT BEGINNER \$				
5:45PM PILATES CHAIR (45)		5:45PM PILATES CHAIR (45)				
6:30PM PILATES EQUIPMENT LVL. 1-2 \$		6:30PM PILATES EQUIPMENT LVL. 1-2 \$				

Beginner Pilates Reformer - learn how a reformer class is structured and how it flows. This beginners class was developed for new clients transitioning into group reformer classes from one on one training. **Registration recommended.**

Jump Board Reformer – A Pilates Equipment class designed to torch calories, strengthen your core and end with stretching (Pilates Equipment experience required). **Registration recommended. Level 3**

Pilates Chair (45) – Using a Pilate’s piece of equipment to perform exercises using progressive resistance of springs and can provide a complete conditioning and flexibility workout. **Registration recommended.** *classes located in the Pilates Room **Power chair is a more dynamic class in a shortened period of time.**

Pilates Equipment – The Reformer, Chiai and Tower are all utilized during class. Exercises are performed using the progressive resistance of springs and can give a complete conditioning and flexibility workout for all fitness levels, with a focus on balance and symmetry. **Previous Pilates Equipment experience is required. Registration recommended.**

Beginner – A beginner Pilates Equipment class for those just starting out and who have completed 4 one on one sessions and not quite ready for the Level 1&2 classes. Continue to work on the basic exercises and increase your ability to flow from one exercise to the next.

Level 1 & 2 Beginner to Intermediate level. Understanding the proper set up and technique for Pilates Reformer Exercises. Classes are set up to demonstrate beginner to intermediate exercises and a slower to intermediate pace.

Level 3 – requires more experience on the Pilates Equipment since the exercises are more advanced and move quicker and demonstrate a faster pace than level 1 and 2

Any concerns as the where to begin, please contact Nicole Rogos or your Pilates Trainer at Oxford.