

February 2012 Class Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
MORNING						
	730am Reformer 1 MELANIE	8am GYROTONIC® 1 AUDREY		730am Reformer 1 MARINA		
	930am Tone & Sculpt CHRISTINA	930am Reformer 2 MARINA	9am Mat 1 / 2 FRANCISCA	930am Cardio Reformer MARINA	10am Reformer 1 MELANIE	
10am Reformer 1 / 2 ANNE	10am GYROTONIC® 1 YASUKO	1030am Seniors 1 (Stool work) LI SANN	10am Reformer 1 / 2 MELANIE	1030am Reformer 1 SARAH LIN	11am GYROTONIC® 1 LECIA	10am Reformer 1 MELANIE
11am Reformer 1 ANNE	1030am Pilates Trial Complimentary	1030am GYROTONIC® Trial Complimentary			11am Reformer 2 AUDREY	11am Reformer 1 / 2 MARINA
AFTERNOON						
	1230pm Cardio Reformer MARINA	1230pm Cardio Dance JERRY	1230pm GYROTONIC® Trial Complimentary	1230am GYROKINESIS® 1 YASUKO	12pm Mat 1 Marge	12pm GYROTONIC® Trial Complimentary
		2pm Prenatal Reformer1 MELANIE		1230pm Reformer 2 MARINA	12noon GYROTONIC® 1/2 AUDREY	12pm Prenatal Reformer MELANIE
NEW! 3pm GYROTONIC® Trial in JAPANESE Complimentary		2pm GYROKINESIS® In Japanese YASUKO		2pm Matwork Japanese MELANIE	1pm GYROTONIC® Trial Complimentary	
EVENING						
630pm Mat 1 MARGE	630pm Cardio Dance JERRY	6pm Pilates Trial Complimentary	630pm Reformer 1 MARGE		1pm Pilates Trial Complimentary	
730pm Reformer 2 AUDREY	730pm Reformer 1 MARGE	630pm GYROTONIC® Trial Complimentary	630pm GYROKINESIS® 1 YASUKO		**2pm Reformer 1 MELANIE	
730pm GYROTONIC® 1 JACQUELINE		7pm Reformer 1 / 2 ANNE	730pm Reformer 2 JACQUELINE	**Pre-natal clients are welcomed to attend this class.		

Notice: The Moving Body will be hosting Master Trainer Young Ah Kim starting Feb 7-13 for the Gyrokinesis Certification Series 2012. There will be some disruption to the afternoon classes during this time (**except Saturday, Feb 11**).

Please visit www.themovingbody.com.sg or call the studio to check the affected classes.

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GYROTONIC® Trial An introductory class to Gyrotonic on the Gyrotonic Pulley Tower for beginners. Participants can look forward to stretching and strengthening their bodies with 3-dimensional movement.

Pilates Trial This introductory class is a beginner level class for first timers aimed at introducing one to the fundamental exercises of Gyrotonic and Pilates.

Cardio Dance Dance to the latest music, burn some calories and have a lot of fun at the same time with Cardio Dance

Cardio Reformer Get your heart pumping harder in this class. The various exercises will target the large muscle groups of the body while working in compound movements on the reformer & with all the props. Work it out in this class & burn more calories than usual!

GYROKINESIS® GYROKINESIS® goes hand in hand with Gyrotonic®, a mat based class that works on the entire body through seven natural elements of spinal movement that encourage spine and joint mobility. This class is done seated on low stools, participants mobilize the spine through a series of arching, curling, bending, twisting and spiraling movements. Prerequisite: None

GYROTONIC® 1/2 An intermediate Gyrotonic Group class that has a greater focus on rhythm and fluidity of movements. Participants require at least 10 lessons of Gyrotonic 1 before joining this class.

Mat 1 An essential matwork class taught with various small props.

Pre Natal Reformer Got a little one on the way? Begin with baby steps to prepare your body for childbirth and overcome any discomfort you are experiencing during your pregnancy. With exercises that work on the core, back and pelvic floor (Kegel) muscles, pilates prepares the pre-natal body for the stress of childbirth by strengthening those areas. Throw in breathing techniques and centering (or inward focus of pilates) and pilates can aid in calming the nerves and easing labour pains.

Post Natal Reformer After birth, Pilates will help you get back into shape. The focus will be on your stressed pelvic floor (Kegel) muscles as well as strengthening your upper body to cope with carrying your bundle of joy. Pilates will also help you with your changing posture as your body loses the extra weight you have gained for the past months. Toning and stretching with Pilates will make you feel better and look better.

Reformer 1 This class builds upon what you've learnt in your first private sessions. The instructor introduces exercises that emphasise on pilates fundamentals: Breath, Control, Alignment and Elongation. If you need a refresher in Pilates, this is definitely the class for you. Prerequisite: 3 private classes.

Reformer 1/2 Pilates Reformer Intermediate level adds in the elements of coordination and precision in the class. Get ready to experience your Intro and Essential level exercise in a whole new way as your instructor combines them in sequences and combinations that will work you both physically and mentally. Prerequisite: 10 essentials classes or 10 private lessons.

Reformer 2 Level 2 is an advanced level class that integrates all the principles that you have learnt from Intro to Intermediate levels. Get ready to work up a sweat in this fun filled class as your instructor turns up the speed, rhythm and resistance of exercises. Prerequisite: 20 intermediate classes or 20 private lessons.

Reformer 3 Reformer 3 is an advanced level class that integrates all the principles that you have learnt from Intro to Level 2. Get ready to work up a sweat in this fun filled class as your instructor turns up the speed, rhythm and resistance of exercises. Prerequisite: 20 intermediate & level 2 classes or 20 private lessons.

Runners' Circuit Learn how to run freely and reach your peak performance in this class!