



TRUE Pilates

GROUP INSTRUCTION

www.truepilates.ca

- **Absolute Essentials* (beginner)**
- **Integration** Mondays, 5:45 p.m.
- **Intermediate/Advanced** Mondays, 7 p.m.
- **Essential Builder** Wednesdays, 5:45 p.m.
- **Integration** Wednesdays, 7 p.m.

Absolute Essentials: Exactly what it sounds like. In this class, you will begin to build your foundation for Pilates. Learning the Fundamentals first is the *right way* to learn any exercise. *Note: This class is not offered on a regular basis. If you are new to Pilates, but not to exercise, check out the option on registration form for Beginners Starting in a Beyond Beginner Class. With this option, you get a personal training session BEFORE the session begins, giving you a good sense of what to expect in your class.

Beyond Beginner: Programmed for those who have completed at least one beginner level session of classes. You are encouraged to continue at this level until totally comfortable with the foundations of Pilates.

Essential Builder: Building on the essential level of Stott Pilates®, participants are working at a variety of strength levels on essential and intermediate level exercises. You are encouraged to continue at this level until you are comfortable with the essential level and capable of the basic intermediate exercises.

Integration: This class integrates essential exercises into an intermediate repertoire.

Intermediate/Advanced: Programming for this class focuses primarily on the intermediate level of exercises, incorporating some of the advanced method of mat exercises.

Note: Please keep in mind that there are no clear lines drawn between experience levels in any of the classes. TRUE Pilates programming is really determined by the people in the class.