

# WINTER II 2010 PILATES SCHEDULE



## DEMO CLASSES

### Complimentary Demo Classes: Week of February 22nd - 27th

Come try out a class/session- see if it is what you are looking for! Sign up at the front desk for a complimentary demo class with one of our instructors! Find out what all the fuss is about Pilates! Simply sign up at the front desk - One of our instructors will contact you and together you find a time the last week of February - Mon., Feb 22 thru Sat., Feb. 27!

### Uphold those New Years' Resolutions

#### Monday; Feb. 22nd

12n-1 pm Mary Reformer (Advanced)  
5:30-6:30 pm Mary Reformer (INTRO)

#### Tuesday; Feb. 23rd

6:30-7:30 pm Deidra Acc/Equip class - NEW!

#### Wednesday; Feb. 24th

8-9 am Todd Reformer (Mixed)  
12n-1 pm Deidra MR. P's BEG BOOTCAMP!  
2:30-3:30 pm Todd Reformer (Mixed)  
5:30-6:30 pm Mary Reformer (Int./Adv.)  
6:30-7:30 pm Mary Reformer (Beg./Int.)

#### Thursday; Feb. 25th

7-8 am Deidra MR. P's BEG BOOTCAMP!  
5:30 pm Mary POOLATES!

#### Friday; Feb. 26th

12n Deidra Reformer (Mixed Level)

#### Saturday Feb. 27th

9-10 am Mary POOLATES!  
11:15-12:15 pm Mary Reformer (Mixed Level)

## Winter II Session

### Begins Monday, March 1st:

#### Mondays

12n-1 pm Mary Reformer (Advanced)  
5:30-6:30 pm Mary Reformer (INTRO!)

#### Tuesdays

7:30-8:30 am Mary Reformer (Beg./Int.)  
5:30-6:30 pm Deidra Reformer (Int./Adv.)  
6:30-7:30 pm Deidra Small Acc/Equip -NEW!

#### Wednesdays

8-9 am Todd Reformer (Mixed)  
12n-1 pm Deidra MR. P's BEG BOOTCAMP!  
2:30-3:30 pm Todd Reformer (Mixed)  
5:30-6:30 pm Mary Reformer (Int./Adv.)  
6:30-7:30 pm Mary Reformer (Beg./Int.)

#### Thursdays

7-8 am Deidra MR. P's BEG. BOOTCAMP!  
5:30-6:30 pm Mary POOLATES! Only \$120!

#### Fridays

7:30-8:30 am Mary Reformer (Beginner Level)  
12n-1 pm Deidra Small Acc/Equip NEW!

#### Saturdays

9-10 am Mary POOLATES! Only \$120!  
11:15-12:15 pm Mary Reformer (Mixed)

### Small Accessory/ Equipment class - NEW!

A group class utilizing a combination of Pilates equipment, props and accessories to get you moving, keep your core strong, and increase overall flexibility! Both traditional Pilates equipment such as the Reformer, Tower and Chair will be combined w/foam rollers, BOSU balls, hand weights, resistance bands, & the Magic Circles to give you a complete, effective

overall workout! Class structure will vary by week and level of participants; with different areas of the body targeted weekly. A slight twist on the traditional group equipment class! Ready for that bathing suit yet? This class, taken in two seven-week sessions with Deidra, in the Winter II and Spring I terms, and baby, I'll bet you WILL be ready!

### Mr. P's Bootcamp!

Enjoy the Bootcamp Approach to a Workout for your Day? Well, this class will bring both Pilates strengthening, toning & serious core work, with intensive sweating of one hour! In this class, be ready to get your heart rate up using a series of exercises with the Jumpboard for the reformer, the Exo Chair for resistance in both legs and arms while maintaining center, followed by a concentrated core section to help strengthen & sculpt your torso! Each class will also end with about 5 minutes of cool down & stretching. Another great route to the bathing suit..

### POOLATES!

Continual resistance via the challenge of the water! Take Pilates to The Pool! Developed by Rebecca Pfeiffer - Poolates! challenges core strength, enhances flexibility, shapes legs and arms, and develops balance and stability. Think it is easier? Think again! And only \$120 since the Pool and a certified instructor are the cost; but no additional equipment...come try it out!

# PILATES INSTRUCTORS BIOS



## **Mary Burns** Pilates Manager & Instructor, Personal Trainer:

- Certifications: Body Arts Science Institute (BASI) Full apparatus Pilates Certification; Pilates for the Dancer specializations (BASI); Pre/Post Natal Pilates; Dance: Evans/Bartenieff Fundamentals & Simonson technique.
- Education: New York University: Ph.D. Dance Education; Teachers College, MA in Dance Education and Barnard College, BA Program in the Arts/Dance, Economics Minor; both Columbia University of NYC.
- Specialties: Pilates, Personal Training & Dance for all ages, technique levels, post-rehabilitation & injury prevention for athletes, dancers, and everyday humans
- Her commitment to the art of teaching anatomically correct human movement for over 20 years has helped her develop unique programs for each and everyone – from professional dancer to professional grandparent – Mary is the instructor for all!



## **Todd Rhoades** Pilates Instructor:

- Certifications: Physical Mind Institute Pilates, Ashtanga Yoga, Anusara Yoga
- Education: Point Park University, B.F.A. Dance; dances professionally for Lyric Opera of Chicago, Chicago Opera Theater.
- Specialties: Pilates & Yoga for all fitness levels, post-rehabilitation and injuries.
- From his own personal practice & working with many individuals, Todd has integrated many styles of yoga & movement therapies into his instruction. He makes certain that his clients discover their own body & their unique way of movement. Todd brings his experience of visualization & imagery to his sessions, making it a fun & creative atmosphere to all who work w/him!
- Named on of the ten hottest “Flex Symbols” by Time Out Chicago Magazine. January 2009

Deidra Cowan



Todd Rhoades



## **Deidra Cowan** Pilates Instructor:

- Pilates Certification - Core Pilates NYC Comprehensive Training Course.
- Education - Purdue University, BA Communications/Public Relations.
- Specialties: Pursuit of Continuing Ed in Pre/Post natal & Cancer patients/survivors
- Professionally trained & certified dancer with over four years of research in brands & communications.
- Using her own Pilates practice as a basis, Deidra is excited to guide clients through Pilates to help them achieve their fitness goals. Her own experience has shown her the vast physical and mental benefits of adding Pilates to your fitness repertoire, and she hopes to bring this to her clients in each session. She looks forward to working with her clients to find the right formula, whether it be focused on rehabilitation from injury or simply fitting into their favorite jeans!