

Whether you're a beginner, an athlete or challenged by physical limitations, Body Harmonics® is the place to embrace a more integrated and purposeful approach to movement and exercise—under the guidance of exceptional, caring teachers. When you get the movement right, everything else falls into place—you feel great and look great!

## Mat

### Basic

#### Core Dynamics 1

This basic level class packs a punch for your Pilates “powerhouse” aka your midriff in lay terms. Targeted exercises help you gain control, strength, power and flexibility. You will see and feel your “core” get stronger each week and gain a renewed sensation of support in your legs and arms.

### Intermediate

#### Core Dynamics 2

At a solid intermediate level, Core Dynamics 2 exercises become more complex, balance is challenged in a range of positions and endurance is emphasized. While your midriff is always centre stage, full body exercises are woven throughout each class.

Result: improved performance in sport, dance and just about every other daily activity.

#### Abs, Hips and Thighs

Get ready to feel every inch of your midriff, hips and legs from every angle and every direction. This intermediate class based on mat and vertical Pilates will sculpt, reshape and contour your waistline, hips and thighs like never before. The secret lies in working these areas as an integrated system where each part affects the other.

### Advanced

#### Resistance Challenge

An intermediate/advanced session of resistance training each week using a mix of apparatus. A different line up of apparatus means your mind and body are constantly challenged to master new moves, and muscles you never knew you had suddenly come alive.

#### Power and Flow

Control, power and endurance define Power and Flow, In this advanced class you put it all together so it's all systems on, every minute. The workout is streamlined, muscles are fatigued systematically and the continuous flow from one movement to the next keeps you focused and present every moment.

## Mat Specialty

### ELDOA (All Levels)

ELDOA—the perfect compliment to your Pilates classes. It's for everyone! ELDOA is a revolutionary stretching and strengthening movement technique developed by French Osteopath Dr. Guy Voyer. ELDOA strengthens and normalizes function of the connective tissue along the entire spine, reduces pressure on the intervertebral discs and increases blood flow.

\*When booking your first ELDOA class, please contact the front desk—an ELDOA Intro Consult is highly recommended.

### Core Essentials

No nonsense | Targeted | Clinically proven.

Core Essentials builds the basics that keep our backs strong and free of chronic pain and tension. If you have even a slight history of lower back issues, this class will transform your core and set you up for continued success. It will help you build strength, gain flexibility and have pain-free movement.

### Mom & Baby

Our Post Natal Pilates class is designed to meet the needs of moms and babies at the same time. You get your body moving to strengthen and reconnect you to your core and pelvic floor. The atmosphere is casual and you are encouraged to participate according to your baby's needs. A great way to get in shape and meet other new moms.

### Neurological Classes

These classes are specially designed for people with nervous system conditions such as Multiple Sclerosis and Parkinson's. Classes progress according to the capabilities of the participants and are intended to be gentle and supportive for the whole body. Assistants welcome.

Neuro 1—person requires assistance

Neuro 2—person moves without the need of assistance

Neuro Active — person can stand unassisted for a period of time

For more info contact Nancy McKinnon at [nancy@bodyharmonics.com](mailto:nancy@bodyharmonics.com)

## Springboard

### Springboard Core

This basic to intermediate level class incorporates the springboard for every part of the body to build strength, core control and balance. A good foundation of mat classes is strongly recommended so the added resistance helps you get the most out of every exercise. Reformer experience is an asset.

### Springboard Intense

An intermediate to advanced class that challenges every part of your body so you build strength, flexibility and balance. The spring resistance you work with is deceptively strong and requires good core control and limb strength, particularly in the hips and shoulders. A great full body workout!

### Springboard Sculpt

A demanding and advanced class that puts your whole body to the test!

At this level every exercise is full-body and lots of experience on mat and reformer gets you the most out of the class. High-level balance training and integration between refined movement and correct muscle recruitment are the focus.

### Reformer

#### Basic

##### Core Reformer

Core Reformer is an excellent option for beginners or those interested in delving deep into the fundamentals of optimal movement. It is a balanced workout that really starts to challenge how you use your core in relation to the resistance provided by the reformer machines. You will build on key Pilates principles of core control, fluid motion and coordination.

#### Intermediate

##### Reformer Trim and Tone

At a solid intermediate level, Core Dynamics 2 exercises become more complex, balance is challenged in a range of positions and endurance is emphasized. While your midriff is always centre stage, full body exercises are woven throughout each class. Result: improved performance in sport, dance and just about every other daily activity.

##### Intense Reformer

Get ready to feel every inch of your midriff, hips and legs from every angle and every direction. This intermediate class based on mat and vertical Pilates will sculpt, reshape and contour your waistline, hips and thighs like never before. The secret lies in working these areas as an integrated system where each part affects the other.

#### Advanced

##### Reformer Body Sculpt

An intermediate/advanced session of resistance training each week using a mix of apparatus. A different line up of apparatus means your mind and body are constantly challenged to master new moves, and muscles you never knew you had suddenly come alive.

##### Reformer BOOTCAMP

Control, power and endurance define Power and Flow, In this advanced class you put it all together so it's all systems on, every minute. The workout is streamlined, muscles are fatigued systematically and the continuous flow from one movement to the next keeps you focused and present every moment.

##### Reformer Cardio and Conditioning

Join us for an energetic and intense class on the reformer that incorporates the jumpboard for cardio intervals and the spring resistance of the reformer for targeted muscle conditioning. This is a full body class that spans a strong intermediate to advanced level.

### Reformer Specialty

#### Restorative Reformer

Use the unique spring resistance system of the Pilates reformer and modified therapeutically focused exercises to gently but effectively strengthen, align and stretch your whole body. Beneficial and safe for clients with arthritis, other joint issues, osteoporosis or injuries/conditions preventing them from participating in other reformer classes.

#### Teen Reformer

Pilates tailored to teens 14-17. Upbeat and fun, every class helps you lay the groundwork for toned muscles, great posture, balanced strength and flexibility, and graceful movement for life! Classes are preregistered in blocks over the school year. By request with sufficient registration.

### Pre and Post Natal Classes

**Adding Pilates to your week is the best way to make pregnancy feel good!**

#### Pre Natal Reformer

For prenatal women at all stages of pregnancy this class is designed to support postural changes over the nine months while keeping you energized, toned and ache-free. You will build strength around the midriff appropriate for pregnancy and condition your upper body and legs too. Our goal is for you to feel ready for the physical demands that come with the joys of a new baby! Come and enjoy a class with other moms-to-be and leave feeling ready to take on your week.

#### Prenatal Mat and Machine

This prenatal class is a combination of targeted Mat Work and Springboard exercises for pregnant women. Using the resistance of the Springboard machine and small apparatus, this class builds strength and support around your midriff, in your upper body and legs. You'll stay toned, energized and ache-free as you prepare for the physical demands of a new baby.

#### Mom and Baby Reformer

Our Mom and Baby class is designed to meet the needs of moms and babies at the same time. You get your body moving and exercising, strengthening and toning while baby gets to play nearby. The atmosphere is casual and you are encouraged to participate according to your and your baby's needs. A great way to get in shape and meet other new moms. Reformer experience recommended but not required.