

### Reformer

Restorative

#### 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.

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

Reformer Trim and Tone is an intermediate level class with a perfect balance between strength and flexibility. Intended for people who want to work hard and also feel stretched out at the end of class. Simple moves, lots of flow and a great test of your strength endurance as you build long, lean muscles.

#### Intense Reformer

Get ready to feel every inch of your midriff, hips and legs from every angle and every direction. This all-over class uses the resistance of the machine to challenge your core as you mobilize your spine and incorporate leg and arm work. It will leave you feeling integrated, strong and mobile from head to toe.

Advanced

#### Reformer Body Sculpt

This intermediate-advanced resistance training class incorporates a variety of apparatus from week to week. It's designed to challenge your mind and body as you master new moves and bring to life muscles you never knew you had. You'll feel super strong and capable after this tough yet energizing Pilates & Movement class.

### Springboard

Basic

#### 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 Mat Work foundation is strongly recommended so the added resistance helps you get the most out of every exercise. Reformer experience is an asset.

Intermediate

#### 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

Advanced

#### Springboard Body 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.

### Mat

Restorative

#### Core Essentials

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.

#### Condition Your Balance Systems

Balance is an integral element to physical wellness. This class is 30 minutes in length and open to all. We work with all the balance systems to strengthen the connections from head to toe that help us move with steadiness and appropriate muscular engagement. Important: If you have balance challenges, bring a chair to hold onto as needed.

Basic

#### Core Dynamics 1

This basic level mat 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.

#### Resistance Training for Strong Bones

Designed for those intent on looking after their bone health, this class adheres to the guidelines for osteopenia and osteoporosis. We use hand weights to build bone density and muscular strength, and respect spinal alignment throughout. While geared for intermediate to advanced movers, this class is open to all with exercises that are easy to modify depending on your level. Recommended props: a variety of hand weights of 2-10 lbs. Important: If you have severe osteoporosis, please contact Margot directly at [margot@bodyharmonics.com](mailto:margot@bodyharmonics.com) before attending.