

June 1 - Aug 10, 2009 Studio Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:30 Allegro Reformer Jamie	8:30 - 9:30 Mat Pilates Dr. Letha	8:30 - 9:30 Allegro Reformer Jamie	8:30 - 9:30 Mat Pilates James	9:30 - 10:30 Allegro Reformer Jamie	10:00-12:00 Monthly workshops Check online For details
10:45-11:45 Yoga 2 Intermediate Shari	9:30 - 10:30 Allegro Reformer Advanced Dr. Letha	9:30 - 10:30 Intro to Meditation 4 wk workshop Starts June 24 Lynda	9:30-10:30 Intro to Allegro Reformer James	10:30-11:30 Restorative Yoga Tiffany	"Core" concepts and practice James June 13
12:00-1:00 Allegro Reformer Shari		10:30-11:30 Yoga 1&2 Valerie			Stretching Secrets How & why James July 18
		12:00-1:00 Intro to Allegro Reformer & Mat Lynda			Yoga -Pilates The differences and similarities Lynda August 8th
5:30 - 6:30pm Yoga 1&2 Valerie	6:00 - 7:00 pm Pilates Sport Mat James	5:15 - 6:15 pm Allegro Jumpboard Plus Lynda	6:00 - 7:00 pm Pilates Sport Mat James		
6:30 - 7:30 Nia move and groove Starts June 29 Erin	7:00-8:00 pm Intro to Allegro Reformer James	7:15 - 8:15 pm Mat Pilates James	7:00 - 8:00 pm Allegro Reformer James		

Visit us at energeticcare.com to sign up for classes or call (916) 941-6051

Promotional discounts are available when you sign up for our email newsletter at energeticcare.com
Please check online or call the studio to confirm

Energetic Care Studio Class Descriptions

Mat Pilates: Combining the 6 principles of Pilates (stabilization, control, concentration, flow, breath and precision), our mat classes focus on building a strong foundation of core strength, connection with the breath and overall body awareness. Classes are a combination of traditional rehabilitative "old school" Pilates with a contemporary feel. You will find this class challenging and rewarding. For all skill levels. Beginners are welcome.

NEW* Pilates Sport Mat: is designed to supplement the conditioning / training of athletes from the high school to professional level, including the weekend athlete. Based on the classic components of Pilates, Pilates Sport classes will give detailed attention to musculoskeletal alignment and functional movement, as well as static strength, fast twitch muscle development, fluidity, and core strength (all taught with a Pilates' approach). Students will also learn about common sport-related injuries due to misalignments, and discover how to improve alignment to lessen risk of injury. Whether you're rehabilitating, or looking to improve overall performance, this is a great synergistic class to add to your current sport specific training. (* Pilates Sport Reformer classes coming soon / by appointment.

Introduction to Allegro Reformer (Energetic Care's Economic Stimulus Class):

The **Introduction to Allegro** (reformer) Pilates class is designed for people who have never studied on an Allegro Pilates reformer or need a refresher course. This class is an excellent way for new students to experience Pilates using an Allegro. Students can take this class as many times as needed until they are prepared for the Allegro Pilates class. Most studios require between 2-6 private Allegro Pilates sessions before allowing new students to take group Allegro classes, however many people can't afford the cost of so many private sessions. The Introduction to Allegro Pilates class at Energetic Care Studio is a group class and therefore offers huge savings for students while still providing the quality of instruction that is needed to advance the student to the Allegro Pilates class. Private sessions are also available if desired.

Allegro Reformer: The Balanced Body Allegro Reformer transforms your body. It develops strength, flexibility, good posture and balance and improves endurance, agility and economy of motion. With the Allegro's resistance-moderated platform, we modify exercises by gradually increasing the difficulty while maintaining stability. This Pilates practice is focused and fun. It is designed to optimize your body's workout potential. Students in this class must be graduates from Introduction to Allegro Class, private one-on-one training or have other previous Allegro or Stott reformer experience.

Allegro Jumpboard Plus: This class provides intervals of calorie burning jumpboard work with full body strength exercises on the Allegro designed to challenge your core. Students in this class must be graduates from Introduction to Allegro Class, private one-on-one training or have other previous Allegro experience.

Yoga 1 & 2: This class will teach basic practices including breath control (pranayama), postures (asana), gestures (mudras), and relaxation/meditation (dhyana) techniques. We will begin to explore basic (vinyasa) poses that are linked into flowing sequences with an emphasis on correct alignment and modifications for everyone. Combining practices of both Yoga 1 and 2, this multi-level class is designed to accommodate both beginners and more experienced students with modifications and challenging instruction for each.

Restorative Yoga 1-

This gentle yoga practice focuses on alignment, breath control (pranayama), yoga postures (asana), and relaxation. Props like blocks and bland belts will be used to assist in strength and flexibility. You will learn how to modify some asanas to enjoy the healing effects of yoga. The flow of this class is slow and helps restore and unwind the body's energy systems to a more balanced and relaxed state.

Pilates Class Fees

Mat Classes:	Single	\$15
	Package of 5	\$65
	Package of 10	\$120

Allegro Reformer Classes:	Single	\$30
	Package of 5	\$125
	Package of 10	\$200

Summer workshops \$30 if you register online or at the studio. The day of the workshop \$45

Yoga Class Fees

Group Classes:	Single	\$15
	Package of 5	\$65
	Package of 10	\$120

Private Instruction Available

Visit us at www.energeticcare.com
to sign up for classes and workshops.

Stretching 101

Dynamic, Active, Static, PNF, Resistance, Yin -- What do all these terms (and more) have in common? They are all forms of stretching techniques. *And you thought touching your toes was enough to know!* This informative workshop, taught by James Crader, will detail different forms of stretching techniques, when to use them, and why you should be doing them. Whether your concern is lower back issues, shoulder congestion, neck stress, headaches to hamstrings, rehab or athletic performance, this workshop will help to demystify stretching and how it can specifically help you.

THE CORE Workshop

Do you know where your Transverse Abdominus is? How about the function of the Quadratus Lumborum? A working knowledge of both anatomy and function is key to any Pilates and Yoga practice. If you don't know where the muscles are, how could you ever be expected to know where to contract and to relax? The core is a complex network of musculature that can be simply broken down, and easily understood. Spend the morning, with James Crader, learning about your body, and how to improve your core strength by understanding *what's really going on in there*. No previous anatomy knowledge needed.

Yoga & Pilates The differences and similarities

Ever wonder what is the difference is between a Yoga practice and Pilates class? In this 2 hour workshop Lynda King will help you learn about the key elements in both. We will look at in detail Mat Pilates exercises and Yoga flow poses and sequences. With both we will integrate the breath and movement, inner and outer alignment, strength and flexibility and in this process we will learn to see and feel the differences and similarities.