



TRANTER PILATES INDOOR/OUTDOOR SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:15am Pilates Reformer Monica	9:30-10:15pm Pilates Small Apparatus Mat Outdoor Series	9:30-10:15am Pilates Reformer Monica		9:30-11:30am Teacher Training Sessions (Book your Private Mat)	TBA
12:00-12:45pm Pilates Reformer Monica		12:00-12:45pm Pilates Mat Outdoor Series			
5:30-6:15pm Core & Upper Body Katherine		5:30-6:15pm Pilates Small Apparatus Outdoor Series	5:00-6:00am Teacher Training Sessions (Book your Private Mat)		
	7:30-8:30pm Pilates Mat Outdoor Series		6:00-6:45pm Pilates Reformer Small Group		

- Registration is required to Reserve Your Spot!
- If weather does not permit scheduled outdoor Pilates classes, they will be held at an indoor location that will be emailed to you or made up on the rain day make up day
- 5 Intro Mat class are mandatory before joining any Pilates Apparatus Classes

Pilates Mat Classes - A series of flexion, extension, lateral flexion, and rotation exercises performed on a mat. Over 35 exercises from the Tranter Pilates Method as taught by Joseph Pilates can be performed on the mat. Combinations of basic, intermediate, and advanced exercises are introduced as the client develops strength, flexibility, coordination, and mental awareness. Combo classes offered in upper and lower body.

Pilates Equipment Classes-A series of Pilates exercises done on the Tranter Pilates spring resistance equipment-Reformer wall rack, chair, home rack, barrel or step. Focusing on core strength, flexibility and creating longer leaner muscle mass.

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