

# MOVEMENT STUDIO AT THE DOWNTOWN ATHLETIC CLUB

## *Inspired Exercise*

### **Pilates**

Joseph Pilates developed this method of exercise. In 1926 Joseph and Clara Pilates brought their exercise system to New York City. This work is designed to stretch, strengthen and balance the body. The exercises focus on postural symmetry, breath control, abdominal strength, spinal, pelvic and shoulder stabilization, muscular flexibility, joint mobility and strengthening.

Our approach to the work is more “classically” based. The original exercises give the body a foundation of strength, flexibility and internal power to satisfy a lifetime. Current biochemical principles are applied in our work, while keeping the spirit of full body exercise alive in the session.

### **GYROTONIC®**

The **GYROTONIC EXPANSION SYSTEM®** is a unique system of equipment and exercise that incorporates movement principles from yoga, dance, gymnastics, swimming and tai chi. Juliu Horvath created the system which stretches and strengthens muscles while simultaneously stimulating and strengthening connective tissues in and around the joints of the body. Exercises, synchronized with corresponding breathing patterns enhance aerobic and cardiovascular stimulation and promote neuromuscular rejuvenation. The circular, spiraling and undulating movements increase the functional capacity of the spine and create a spherical and three dimensional awareness, resulting in total equilibrium.

## Offerings

### **Private Training**

The best way to begin exploring Pilates and **GYROTONIC®** movement systems is through private sessions. These lessons are essential for anyone with injuries, health issues or specific training goals. Private sessions run approximately 55 minutes and are done on a variety of equipment. Individualized instruction maximizes your understanding of the many concepts and movements in these systems and how to apply them to your body.

### **Semi-Private Training**

Semi-Private training is the next natural evolution for the student. Work out with a friend, a partner or we can help you find a partner with similar strengths and limitations. In this setting there are 2-3 students with one trainer who instructs the sessions. These sessions will utilize a variety of equipment while still developing the technique, skill and confidence of the students.

### **Group Reformer Class**

These classes are designed to give a “movement” experience rather than a focus on specific physical issues. Classes are curriculum based and give the student a Pilates experience. There are 4 to 5 people in each class. Mastering the concepts and movements of the fundamentals is a rewarding challenge. All new students are required to take the intro level class.

### **Group Mat Class**

These classes are for members only and are designed as a focused group class where the student receives more attention and correction. The mat exercises are the foundation of the Pilates work. We incorporate small apparatus such as magic circles and bands. Class size is 6 people maximum. All those new to Pilates are required to take an intro level class.



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## Schedules & Prices

### **Pilates**

All classes are on a sign-up basis and require full payment for one month to reserve the space.

### **Schedule**

#### **Group Reformer Classes**

Mondays	12-1 p.m.	Intermediate
Mondays	4:30-5:30 p.m.	Beginning
Tuesdays	5:30-6:30 p.m.	Intermediate
Thursdays	5:30-6:30 p.m.	Beg. Int.

### **Group Reformer**

Members: \$16/Class  
Non-Members: \$18/Class

### **Group Mat Classes**

Sundays 10:30-11:30 a.m. Intermediate

### **Group Mat**

Members Only: \$12/Class

### **GYROTONIC®**

Introductory Three Session Packages are \$99.00

### **Pilates & GYROTONIC®**

Private Session	\$40
Semi-Private Session	\$25 (2-3 people)

*Reservations are required for all classes and are made through the Movement Studio.*

*For additional information or to reserve a space, call the Movement Studio at the Downtown Athletic Club at 484-4011 x261.*

