



# RED HAWK SWIM & FITNESS

## APRIL Pilates Class Schedule

Effective April 1st, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	POWER PILATES DIANA	POWER PILATES DIANA	POWER PILATES DIANA	POWER PILATES DIANA	POWER PILATES DIANA		
6:30 AM	POWER PILATES DIANA	POWER PILATES DIANA	POWER PILATES DIANA	POWER PILATES DIANA	POWER PILATES DIANA		
7:30 AM	REFORMER PILATES DIANA	REFORMER PILATES STACEY	REFORMER PILATES DIANA	REFORMER PILATES STACEY	REFORMER PILATES DIANA	POWER PILATES DIANA	
8:30 AM	POWER PILATES KILA	REFORMER PILATES STACEY	REFORMER PILATES DIANA	REFORMER PILATES LISA	REFORMER PILATES DIANA	REFORMER PILATES DIANA	REFORMER PILATES LAURA
9:30 AM	POWER PILATES KILA	REFORMER PILATES LAURA	JUMP PILATES LAURA	REFORMER PILATES LISA	REFORMER PILATES LISA	REFORMER PILATES DIANA	REFORMER PILATES LAURA
10:30 AM	POWER PILATES KILA	REFORMER PILATES LAURA	JUMP PILATES LAURA	REFORMER PILATES LISA	REFORMER PILATES LISA		REFORMER PILATES LAURA
11:30 AM	STRETCH & RECOVER DIANA	REFORMER PILATES LAURA	STRETCH & RECOVER DIANA	STRETCH & RECOVER LISA	STRETCH & RECOVER DIANA		
12:30 PM	STRETCH & RECOVER DIANA		STRETCH & RECOVER DIANA		STRETCH & RECOVER DIANA		
4:00 PM	REFORMER PILATES DIANA	REFORMER PILATES DIANA	REFORMER PILATES LISA	POWER PILATES KILA	REFORMER PILATES DIANA		
5:00 PM	REFORMER PILATES DIANA	REFORMER PILATES DIANA	REFORMER PILATES LISA	POWER PILATES KILA			
6:00 PM	REFORMER PILATES DIANA	REFORMER PILATES DIANA	REFORMER PILATES LISA	POWER PILATES KILA			

**PILATES LIFT** – Pilates and strength training all in one! Combining the benefits of the Reformer Pilates and weight training this class will help you reach your goals and stay in shape!

**REFORMER PILATES** - Appropriate for all levels. These classes are designed to improve core strength and stability, heighten body awareness, and develop lean and toned muscles. These classes combine props and exercises for a full-body Pilate's workout. Reformer Pilates helps improve range of movement, increase coordination, and boost stamina.

**STRETCH & RECOVER PILATES**- Beneficial for people with injuries, arthritis, or stiffness. Recover from surgeries with this light exercise class (with doctors ok).

**JUMP PILATES** -This class combines ply metric intervals on the jump board with strength training to improve endurance, flexibility, and core strength.

**POWER PILATES** - Get ready to power through an intense mix of Essential and Intermediate repertoire combined with athletic conditioning to strengthen and lengthen the total body. Be ready to work hard and see results!

**Reserve your reformer 14 days in advance. No shows will result in a \$15 fee.**

Please call if you will be more than 5 minutes late. Be advised that your reformer may be given to another member if your have not informed the Swim & Fitness department you will be late. Reformer Pilates classes are for Private Club and Swim & Fitness Members only.

**Cancellations must be made 3 hours in advance to avoid a \$15 charge.**

**To reserve your reformer visit [RedHawkGolfandResort.com](http://RedHawkGolfandResort.com) or Visit our MINDBODY APP**

**Additional questions please call (775) 626-8699 or email us at [SWIM@resortatredhawk.com](mailto:SWIM@resortatredhawk.com)**

Located at 6225 North Wingfield Parkway, Sparks NV 89436

**#ExperienceRedHawkSwim&Fitness**

## Pilates Rules and Regulations

1. Classes are limited to six participants.
  2. You may pre-register for classes up to 14 days in advance.
  3. When pre-registering please limit your self to one class per day and no more than 5 classes per week.
  4. Reservations and cancellations can be made by using the MINDBODY program each day from 5am-10pm or by calling the front desk during business hours; Monday-Friday 5am-8pm, Saturday and Sunday 7am-7pm.
  5. Cancellations must be made at least three (3) hours in advance, a \$15 fee will be charged to your Private Club or Swim & Fitness account for insufficient notice. If cancelling a 5:30am class please make every effort to cancel the evening before so people on the wait list can be notified.
  6. No Shows will be charged a \$15 fee.
  7. If you are more than five minutes late to class, please be advised that your spot may be given to another member – please call if you are going to be late and every effort will be made to hold your spot.
  8. Red Hawk is not liable for any injuries obtained during class. Please workout at your own risk.
  9. Please inform instructor of any injuries or restrictions.
  10. Pilates is a barefoot class. Please no tennis shoes allowed on the reformer. Approved Pilates shoes or socks only.
  11. Reformers are for class use only. Please do not use reformers unsupervised.
  12. Reformer classes are for Members only. Members may bring a guest to class if a reformer is available. Guests may not pre-register.
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