



EHF Pilates

Strength. Endurance.
Flexibility. Balance.
Coordination.

7130 Avenida Encinas, Suite 202
Carlsbad, CA 92011
www.ehfpilates.com
760-930-1230

APPARATUS BASED GROUP SCHEDULE

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6:30am		Lengthen		Engage			
7:00 am	EMC		EMC				
9:00am	Focus		Engage		Symmetry	Balance	Symmetry
11:00 am	EMC		EMC		EMC	EMC	
12:30 pm		Restoration		Restoration			
5:00pm	Symmetry		EMC				
6:00 pm	Lengthen	Balance	Focus	Engage			

INTRODUCTORY GROUP REFORMER SCHEDULE

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
7:30 am		Principles		Principles			
10:00am	Principles			Principles		Principles	
10:30 am							Principles
4:00pm	Principles		Principles				
5:00 pm		Principles		Principles			
7:00 pm		Principles		Principles			

Three (3) Private Training sessions or the Group Intro Series (Pilates Principles) is the minimum requirement

prior to attending Group Training, which is intended for healthy individuals free of injury and issues relating to movement.

Please arrive on time so as not to disturb others in the session and refrain from excessive talking, and focus on your body-mind connection. Feel free to communicate with your trainer and ask questions.

Pilates Principles - A Five 45 min. session series to introduce you to Pilates training at EHF Pilates on the apparatus. These classes will provide an introduction to proper operation of the apparatus along with a great workout. Sessions must be completed in 3 weeks and one class can be substituted with our EMC class. **Call or e-mail to register for this class as we must have a minimum of 3 people to begin the series and you must pre-register.**

EMC (Tower training) - This brand new class will challenge you in a full body workout using the Pilates TOWER. Spring tension will combine with traditional Pilates training to provide amazing core training with the added benefit of additional resistance to strengthen your buns, thighs and arms. Prior apparatus training is not required for this class only.

Lengthen - This traditional Pilates session integrates core exercises for improved posture and increased spinal mobility, while adding full range movements to increase your overall flexibility on the reformer and Trap Table. Great for beginners and advanced clients alike. Runs 55 min.

Symmetry - Working unilaterally on the reformer, this session is designed to create a more balanced body and improve your overall posture. This is an excellent session for clients with postural imbalances and will leave you feeling more symmetrical. Runs 55 min.

Balance - Will challenge your entire body and mind with contemporary Pilates using all the apparatus and balance props. Expect this training to challenge you a little more every week! Ideal for all clients, especially those who need core and balance training. Runs 55 min.

Engage - This session uses the combo chair to sculpt your body, while including some cardio work with Pilates plyometric jumps on the reformer. All levels are welcome. Runs 55 min.

Restoration This 70 min. session includes 45 minutes of core strengthening and 25 minutes of stretching and is great Stabilizing the core shoulder and hip girdle in addition to being beneficial for those who need a little more TLC due to injuries or other issues as well as for beginners.

Focus - This reformer session incorporates traditional Pilates exercises with a unique blend of Yoga moves. All levels are welcome, runs 55 min.

To reserve your place, send an e-mail to booking@ehfpilates.com no sooner than 24 hours before the session. Late cancellations -less than 24 hours in advance - will result in a full session fee.

Packages expire 6 weeks from purchase, no exchanges or refunds, NO exceptions. Group session days and times are subject to cancellation without notice. The minimum number of participants to hold class is three people. Online booking is required for guaranteed placement. We will reserve your booked session until the beginning of class - if you do not call or show within two minutes of the starting time, the available equipment may be allocated to another participant.