

Physical Therapy Care Weekly Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	Magic Circle Mat class		Magic Circle Mat class		Magic Circle Mat class	8:30am Pilates Group class (Intro) 9:30am Pilates Group class (Beginner) 10:30am Pilates Group class (intermediate)
9:00am	Magic Circle Mat class	Pilates Group class (intermediate)	Magic Circle Mat class	Pilates Group class (intermediate)	Magic Circle Mat class	
10:00am	Cardio Jump Board Class		Cardio Jump Board Class		Cardio Jump Board Class	
11:00am	Cardio Jump Board Class		Cardio Jump Board Class		Cardio Jump Board Class	
12:00pm						
1:00pm	Arthritis Foundation Group Exercise		Arthritis Foundation Group Exercise			
2:00pm		Arthritis Foundation Group Exercise		Arthritis Foundation Group Exercise		
3:00pm	Pilates for athletes		Pilates for athletes		Pilates for athletes	
4:00pm	Pilates for athletes		Pilates for athletes		Pilates for athletes	
5:00pm		Pilates Group class (intermediate)	Pilates Group class (Intro)	Pilates Group class (intermediate)		
6:00pm		Pilates Group class (intermediate)	Pilates Group class (Intro)	Pilates Group class (intermediate)		

Class Descriptions:

Magic Circle Mat class: Total body workout, comprehensive mat work using magic circle. Max 8 people per class

Cardio Jump Board class: 30 min of jump board- 25 min mat work

Pilates for Athletes: focus on range of motion and flexibility, core strength and stability.

Pilates Group class: work on core stability, flexibility and the mind-body connection

Arthritis Foundation Group exercise: Exercise in pain management techniques designed by the Arthritis Foundation. Exercises include range of motion for all major joints, strengthening, stretching, coordination and balance training in a social atmosphere. ****FREE class****

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