



Group class programme, **2018 - 2019**
Swissbody® Pilates Centre, Rive

Courses begin the 3rd September, 2018

Group : Maximum 6 persons

	Monday	Tuesday	Wednesday	Thursday
7h30				
8h30				
9h30				
10h30				
11h30				
12h30		Pilates Abs Thighs & Butt	Pilates Abs Thighs & Butt	Pilates Abs Thighs & Butt
13h30				
14h30				
15h30				
16h30				
17h30				
18h30				

Trimesters :

- September-October-November
- December/January-February-March
- April-May-June

Prices:

CHF 430.00 per term for 1 course per week

Course level:

- Green:** Beginners
- Blue:** Intermediate
- Red:** Advanced

To subscribe:

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Description of the Group classes given at the Swissbody® Pilates Centres

Spring Bikini Boost: Be gorgeous for your favourite bikini!

A dynamic Pilates course, which targets the abdominal muscles, butt and arms. This course is intended for any healthy person.

Pilates Beginners: Pilates course intended for any person who has never done Pilates before and particularly suitable in case of articular and/or back problems.

Pilates Beginners Accelerated: Pilates course intended for any person who has never done Pilates before, who is in good health and has the ability to quickly reach an Intermediate or even Advanced Pilates level.

Pilates Intermediate: Pilates course intended for any person who has already done Pilates but who is not yet at an advanced level.

Pilates Advanced: Pilates course intended for any person who practises Pilates regularly and who has very good strength and body awareness.

Pilates Abs / Pilates Thighs & Butt / Pilates Arms / Pilates Abs & Butt : These different Pilates courses are intended for any person in good health. The courses target the various parts of the body that are quoted.

Pilates Barrel / Pilates and the Swissball / Pilates and the Magic Circle / Pilates and the Foam Roller: These different Pilates courses are intended for any person who has already done Pilates. These classes, which use accessories, are more intensive.

Floor Barre: Course traditionally used for the training of dancers, which defines and lengthens the muscles while improving all over body tone.

Full Body Stretch: Stretch course for those who love stretching and/or need to increase their suppleness and/or mobility.

Pilates Fit: An aerobic course based on the key principles of Pilates. While practised primarily standing, the entire body is strengthened and toned.

Fascia Stretch: Stretch class with a focus on the fascia, joint mobility and muscular stretching.

Teenagers: Specific Pilates course for teenagers, which is fun and dynamic.

