

Please log on to your account online or call to schedule your classes

WEEKLY GROUP CLASS SCHEDULE WINTER 2017

Hours of Operation

Mon-Thurs 8 a.m.– last class
Fri 8:00 a.m. - 12:30 p.m.
Sat 7:30 a.m. - 12 p.m.
Sun CLOSED

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>IMPORTANT UPDATES</p> <p>CLOSED THANKSGIVING HOLIDAY Nov 22nd-26th</p> <p>CHRISTMAS BREAK DEC 23rd— JAN 1st</p> <p>Check ONLINE for TRAP Pilates Dates</p>	9:30 a.m. Cardiolates w/Sonya	9:00 a.m. Shhh I do Pilates Mat Pilates w/Sonya	9:15 a.m. Gentle Restorative Yoga w/ Chris	9:00 a.m. Shhh I do Pilates Mat Pilates w/Sonya	8:00 a.m. Cardiolates w/Sonya	7:30 a.m. Cardiolates w/Sonya
	10:30 a.m. Shhh I do Pilates Mat Pilates w/Sonya	10:15 a.m. Hatha Yoga w/ Chris		10:15 a.m. Cardiolates w/Sonya	9:15 a.m. Shhh I do Pilates Mat Pilates w/Sonya	8:30 a.m. Shhh I do Pilates Mat Pilates w/Sonya
		10:15 a.m. Hubolates w/Sonya		12:30 p.m. LUNCH Pilates 30 Minutes w/Sonya		9:45 a.m. BARRE w/ Aimee or Christina
	6:00 p.m. Shhh I do Pilates Mat Pilates w/Sonya	6:00 p.m. Hatha Yoga w/Victoria				10:00 a.m. Restorative Yoga w/ Dottie or Sharon
	6:00 p.m. Body Sculpting w/ Julie	6:00 p.m. BARRE w/Amy	6:00 p.m. Vinyasa Flow Yoga w/Katie			
	7:15 p.m. Vinyasa Flow Yoga w/Katie	7:15 p.m. Shhh I do Pilates Mat Pilates w/Sonya	6:30 p.m. Beginners Mat Pilates w/ Julie	6:00 p.m. Hatha Yoga w/Dottie		
	7:15 p.m. Hubolates w/Sonya	7:15 p.m. Kids Fusion	7:00 p.m. PILATES PLUS w/Chris	7:15 p.m. Shhh I do Pilates Mat Pilates w/Sonya		

Index of Classes

- **Beginners Mat Pilates**-low impact exercise that strengthens the entire body with focus on breathing, spine alignment, core conditioning, improving flexibility and balance
- **Cardiolates** - A total body workout on a mini trampoline that is fun, fat-burning and core strengthening all in one.
- **Shhh I do Pilates MAT PILATES** - A 60 minute Cardio based Pilates class that strengthens the entire body with focus on breathing, spine alignment, core conditioning, improving flexibility and balance taught to the latest POP Music
- **Candlelight Yoga/Restorative/Gentle Yoga**– Uses soft flowing movements, deep breath work and meditation.
- **Hatha Yoga** - Also called Yoga of postures, focus on basic poses, sequencing, safe technique, proper breathing and meditation to achieve better health.
- **Vinyasa Flow Yoga** - A meditative freeform practice that coordinates with the breath and relaxation. Expect a full body workout.
- **Pilates PLUS**– A 45 Minute intense Class that help you blast and burn extra calories away. We use tires from 13 lbs up to mimic some Pilates infused moves. We recommend you take the SHHH I do Pilates class 1st before scheduling this class.
- **Barre** – a safe combination of Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles without the impact and injuries dancers endure.
- **Hubolates**- an exhilarating, effective, easy-to-follow, cardio-inspired, calorie-burning dance fitness-class that combines weighted Hulu hoops, Boxing, Pilates and dance and keep you moving toward joy and health.
- **PrenatalYoga**– Take the time to center, connect and focus on yourself and your baby. Stretch and sooth your sore back, shoulders and legs. Learn to relax, breathe and meditate in preparation for the big day.

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At the end of OUR Rainbow you will have a stronger core!

- Drop in Rate : \$15.00
- Economy (2 classes per week): \$59 per month
- Economy Plus (3 classes per week) : \$69.00 per month
- Gold (unlimited classes): \$89 per month
- Kids Economy (1 class a week) : \$39 per month
- Kids Gold (Unlimited): \$49 per month