SEMI-PRIVATE GROUP TRAINING SCHEDULE: NOVEMBER 2026

PILATES STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reformer Approach, L2 9am, Debbie	**Reformer Flow, L2** 8am, Heather	**Reformer Approach, L3** 8am, Ali	**Reformer Approach, L2** 8am, Daniela	**Reformer Approach, L1** 8am, Ali	**Reformer Approach, L3** 8am, Ali	**Reformer Flow, L2** 9am, Heather
Reformer Approach, L1 10am, Debbie	**Reformer Approach, L1** 9am, Ali	**Reformer Approach, L2** 9am, Ali	**Reformer Approach, L1** 9am, Ali	**Pilates FIT, L2** 9am, Katy	**Reformer Flow, L2** 10am, Ali	**Reformer Approach, L1** 10am, Heather
Reformer Approach, L3 12pm, Gizem	**Reformer Flow, L2** 11am, Ali	**Reformer Approach, L1** 10am, Daniela	**Reformer Flow, L3** 10am, Ali	**Reformer Approach, L3** 10am, Ali		**Reformer Approach, L2** 11am, Heather
	Intro to Pilates** 12pm, Ali	**Reformer Approach, L2** 11am, Gizem	**Reformer Approach, L2** 11am, Heather	**Reformer Approach, L2** 11am, Katy		
	Reformer Flow, L3 4pm, Anya		**Intro to Pilates**** 12pm, Ali			
	Reformer Flow, L1 5pm, Anya		**Reformer Flow, L2** 4pm, Anya			
			Reformer Flow, L1 5pm, Anya			

CORE STUDIO - Class size limit 5 people -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Racquets Performance 1pm, Aaron						
Parkinson's Boxing 2pm, Ty			**Parkinson's Boxing** 2pm, Ty			**Racquets Performance** 2pm, Aaron
Golf Performance 3:30pm, Aaron	**Golf Performance** 3pm, Aaron	**Golf Performance** 3pm, Aaron	**Golf Performance** 3:30pm, Aaron			

SEMI-PRIVATE GROUP TRAINING DESCRIPTIONS

November 2026

All sessions are 55 minutes.

All Semi-Private Group Training Sessions are $40 per person. Participants will be charged a $25 "No Show" or "Cancellation Fee" if they cancel less than 24 hours before the scheduled session.

All Participants MUST have a current Health History and Level Ranking on file. Both must be updated annually.

For safety and sanitary reasons, participants MUST wear some kind of anti-slip sock with a grip surface.

Members may book a Semi-Private Group Training session starting at 8am on the 15th of the month for the upcoming month by emailing pilates@bocawestcc.org. (i.e. December 15 for January).

Ask at the Fitness Reception desk regarding all inquiries for booking of Private (Single/duet) Pilates Training session or Private Group sessions. (These private sessions are subject to facility space and instructor availability.)

Semi-Private Group Pilates Sessions:

Intro to Pilates

(25 minutes) Complimentary

Join us for this introductory session in which you will discover the benefits of the Pilates. Take your fitness program to the next level! The instructor will provide you with your Pilates skill level to maximize your training experience.

Level Transitions (Levels 2 & 3)

(25 minutes) Complimentary

Join us for this introductory session in which you will discover the benefits of the Pilates. Take your fitness program to the next level! The instructor will provide you with your Pilates skill level to maximize your training experience.

Reformer Approach (Classes offered at Levels 1, 2, & 3)

Strengthen and lengthen your entire body while at the same time taking your balance and coordination skills to the next level. Sessions incorporate the Reformer, Springboard, Wunda chair, and Mat exercises, ensuring you never experience the same workout twice.

Cardio Jump & Sculpt (Open to Skill Levels 2 & 3)

Get your cardio and strength conditioning in this high-energy, low-impact circuit workout. Get the heart rate pumping while building bone density in this "fun" Pilates/Cardio workout!

Pilates FIT (Open to Skill Levels 2 & 3)

Circuit style class incorporationg the reformer, springboard, chair and dumbells. This class is imtermdiate to advanced levels.

Reformer Flow (Open to Skill Levels 2 & 3)

The "flow" refers to the smooth, creative transitions between exercises, resulting in a challenging yet integrated mind-body experience.

Pilates Fusion (Open to Skill Levels 2 & 3)

Dynamic, full-body workout that builds strength, balance, flexibility, and cardiovascular health simultaneously. This "fusion" approach creates a versatile and challenging class that offers enhanced benefits beyond a standard reformer class.

Ask about reserving Private Group Pilates Training Sessions:

- *Pilates for Families*
- *Pilates for Teens*
- *Pilates with Friends*

- *These services will be booked around the semi-private sessions and based on facility and instructor availability.*
- *There must be at least three participants in the session.*
- *Pilates for Teens are for youth between the ages of 12-16 years of age. Parent/legal guardians must remain in the Sports Center while the teen is in the session.*

Levels & Description:

Level 1: Basic

Sessions at this level are for individuals who wish to develop their sense of overall body awareness and will focus on form and alignment to help range of motion, joint stability, and overall strength and flexibility.

Level 2: Intermediate

Continue to build your fitness levels as participants train with more complex movements learning to compliment other physical activities. Exercises become more precise and dynamic as class tempo increases to a more moderate flow. At the Intermediate level, the exercises and progressions require more coordinated movements as participants learn to modify and progress to their own individual level.

Level 3: Advanced

Sessions at this level involve a high degree of precision and coordination by the participant and is perfect for those individuals who have mastery of their form and alignment. These sessions move at a moderate to fast pace, incorporate quick transitions, and include more advanced exercises to provide a fully challenging mind/body workout.

Semi-Private Group Training Sessions:

Parkinson's Boxing (Core Studio)

This Semi-Private Group training session is designed for the special needs of an individual with Parkinson's Disease. Class participants will engage in an exercise program designed and led by one of our certified Fitness Instructors. Sessions are limited to five participants, and all participants must have a current Health History on File. **All participants must be able to stand on their own without the assistance of any type of aid!**

Golf Performance (Core Studio)

Unlock your full potential on the golf course with the Titleist Performance Institute (TPI) Golf clinic. This semi-private group training session is designed to enhance your stability, mobility, strength, and power—all key components of an efficient and powerful golf swing. Whether you're a seasoned golfer or just starting out, this clinic will help you move better, swing stronger, and play smarter. These sessions are limited to five participants and all participants must have a current Health History on file.

Racquets Performance (Core Studio)

Take your game to the next level with Racquets Semi-Private Training designed for tennis & pickleball players. This session highlights improving movement on the court through mobility, stability, strength, and rotational power. Whether you're looking to enhance performance or help reduce injuries, this program will keep you strong and ready to compete. These sessions are limited to five participants and all participants must have a current Health History on File.