



FEBRUARY 2012 SCHEDULE

845 S BROADWAY LOS ANGELES CA 90014
213-863-4834 info@ppdtla.com

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
6:00 SPX A&S	6:00 SPX+	6:00 SPX	6:00 SPX+	6:00 SPX		
7:00 SPX A&S	7:00 SPX+	7:00 SPX	7:00 SPX+	7:00 SPX		
		8:00 SPX		8:00 SPX		8:00 REV+80
					9:00 SPX	
					10:00 SPX	10:00 SPX
					11:00 SPX	11:00 SPX
PM	PM	PM	PM	PM	PM	PM
12:30 SPX	12:30 SPX	12:30 SPX	12:30 SPX	12:30 SPX		
5:00 FORM	5:30 SPX	5:00 SPX OD	5:30 SPX	5:00 SPX		
6:00 SPX	6:30 SPX	6:00 SPX	6:30 SPX	6:00 SPX		
7:00 SPX	7:30 SPX+	7:00 FORM	7:30 REV			

ALL CLASSES ARE 50-MINUTES LONG UNLESS OTHERWISE NOTED.
SCHEDULE & INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE.
CHECK PPDTLA.COM FOR LIVE SCHEDULE.

CLASS DESCRIPTIONS

SPX – 50-minute SPX Pilates group class using the Proformer™. Each student gets their own reformer style machine. Full body workout by incorporating the key principles of Pilates (correct postural alignment, breathing practice, centering and engaging the core, concentration and precision of controlled movement and increased flexibility) and blending them with muscle dynamics for a high intensity workout.

FORM - 50-minute SPX Pilates group class using the Proformer™. This is a slower-paced class ideal for beginners or experienced students looking to perfect technique. Each student gets their own reformer style machine. This is a slower-paced class focusing on the education of proper form and method for all exercises.

REV & REV+ - 45-minute group Indoor Cycling class on the Schwinn Evolution Indoor Cycling Bike. A high-energy/low impact workout, and the perfect cardio-workout to complement your Pilates Plus routine (burning between 400-600 calories in 45 minutes). REV+ includes off-bike resistance exercises.

SPX+ - 50-min and 80-min format class options. SPX Pilates Plus group class using the Proformer™ with integrated Indoor cycling cardio training workouts.

SPX A&S - 50-minute SPX Pilates Class group class using the Proformer™. Each student gets their own reformer-style machine. This class focuses 25 minutes of core-strengthening abdominal workout and 25-minutes of stretch, increasing flexibility and range of motion.

SPX and REV OD (ON DEMAND) - SPX or REV ON DEMAND classes. A minimum of 5 students need to be registered 12-hours prior to class start-time, otherwise this class will be cancelled.

CLASSES MUST BE PREPAID AND RESERVED ON-LINE AT WWW.PPDTLA.COM

PRIVATES AVAILABLE WHEN CLASS IS NOT IN SESSION.



FEBRUARY 2012 SCHEDULE

301 PINE AVENUE, LONG BEACH, CA 90802
562-612-4226 info@pplbc.com

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
	5:30 SPX		5:30 SPX			
6:00 SPX		6:00 SPX		6:00 SPX		
	6:30 SPX		6:30 REV+			
7:00 SPX		7:00 SPX		7:00 SPX FORM		
						8:00 SPX+ (80)
					9:00 SPX	
						9:30 SPX
					10:00 SPX	
	12:30 SPX		12:30 SPX			
PM	PM	PM	PM	PM	PM	PM
6:00 REV+	6:00 SPX	6:00 SPX+	6:00 SPX	6:00 REV+ 80		
7:00 SPX FORM	7:00 SPX+	7:00 SPX	7:00 SPX			

SPX – 50-minute SPX Pilates group class using the Proformer™ Each students gets their own reformer style machine. Full body workout by incorporating the key principles of Pilates (correct postural alignment, breathing practice, centering and engaging the core, concentration and precision of controlled movement and increased flexibility) and blending them with muscle dynamics for a high intensity workout.

SPX+ - SPX Pilates Plus group class using the Proformer™ with integrated Indoor Cycling cardio training workouts. 50 and 80-minute formats.

REV - roup Indoor Cycling class on the Schwinn Evolution Indoor Cycling Bike in 45-min or 80-min formats. A high-energy/low impact workout, and the perfect cardio-workout to complement your Pilates Plus routine (burning between 400-600 calories in 45 minutes).

FORM - 50-minute SPX Pilates group class using the Proformer™ class ideal for beginners or experienced students looking to perfect technique. Each students gets their own reformer style machine. This is a slower-paced class focusing on the education of proper form and method for all exercises.

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