

Formats

PILATES I

A popular fitness trend, Pilates strengthens core postural muscles of the abdominals and lower back as well as the chest, upper back, shoulders, and glutes. Focused and controlled exercises create long, lean, and flexible muscles. Detailed instruction on alignment will be given in this session, and small equipment may be introduced.

PILATES BALL

This session incorporates the use of stability balls and toning balls into the practice of traditional Pilates exercises. This approach serves to both increase intensity and improve body awareness, and is suitable for beginners and veterans alike.

PILATES I/II

This all levels Pilates session will be structured to meet the needs of both new and veteran practitioners. Various pieces of equipment will be utilized to add resistance, intensity, and focus for participants who are ready, while providing a comfortable atmosphere and attention to form so that all participants will feel successful.

PILATES REFORMER

These sessions utilize our new equipment, the Pilates Reformer and the Jump Board attachment. This specialized piece of equipment, taught in a small group setting (no more than 6 participants), has been made famous for its ability to work every muscle in the body and for connecting each exercise to the core. The reformer allows for proper control, focus, and form and ensures balanced, equally trained muscles. The right challenge for the new exerciser, or the strongest athlete!

YOGA I

Learn the basic postures (asanas), breathing techniques, and sun salutations that are part of the yoga tradition. New energy, balance, and both physical and mental wellness will be discovered while detailed instruction on alignment is given in this calming, compassionate environment.

POWER YOGA

Power yoga incorporates flowing sequences and dynamic standing poses to build strength and stamina. Meditation, breath work, and relaxation will also be included in this complete yoga practice. This format is suitable for beginners, athletes, or advanced enthusiasts who are looking for a challenging yoga session.

CORE POWER YOGA

This session is intended to focus on core strength in each asana (posture). Pilates core exercises will be visited throughout the session as well as traditional yoga postures and flowing sequences that work on strength, balance, and flexibility. This session is designed to challenge you from the core out.

Yoga&Pilates



Yoga&Pilates

Summer 2011

Get Connected

Stay tuned in to RS to get the latest on programs, services, contests, and facility updates.



Be our fan:
IU Campus Recreational Sports



Follow us:
IURecSports



Sign up for text
message updates:
recsports.indiana.edu.



INDIANA UNIVERSITY
SCHOOL OF HEALTH, PHYSICAL EDUCATION,
AND RECREATION
Bloomington
Recreational Sports is a division of the
School of HPER.

recsports.indiana.edu

INDIANA UNIVERSITY
RECREATIONAL
SPORTS



REGISTRATION AND FEES

Series I: 5/9 – 6/19 • Series II: 6/20 – 8/14

There are two ways to register and participate in mat Yoga & Pilates.

1. Pick a specific session and sign up for a weekly series. This will allow you attend that specific session once per week for the duration of the series.

- OR -

2. Purchase a 3-session or 7-session Yoga & Pilates punch card. This option allows you to attend any sessions as they fit your schedule. Just bring your punch card with you to the session.

Cards are valid the entire summer.

	Weekly Series (meets once/week)	7-Session Punch Card:	3-Session Punch Card:
Students	\$44/series	\$44/card	\$20/card
Faculty/Staff	\$50/series	\$50/card	\$22/card
Public	\$53/series	\$53/card	\$23/card

Purchase 3 series/cards and save 10%, purchase 4 series/cards and save 20%.

New! Pilates Reformers

	Weekly Series (meets once/week)
Students	\$85/series
Faculty/Staff	\$105/series
Public	\$115/series

SUMMER 2011 SCHEDULE

DAY	SESSION	LOCATION	TIME
Monday	Pilates Reformer	MS3	7:30 - 8:30AM
	Power Yoga	MS3	4:30 - 5:30PM
	Pilates I	MS3	5:45 - 6:45PM
Tuesday	Pilates I	MS3	12 - 1:00PM
	Pilates Reformer	MS3	4:15 - 5:15PM
	Yoga I	HP 171	5:30 - 6:30PM
	Pilates I/II	HP 171	6:45 - 7:45PM
Wednesday	Pilates Reformer	MS3	12 - 1:00PM
	Pilates Ball	HP 171	5:45 - 6:45PM
	Core Power Yoga	HP 171	7 - 8:15PM
Thursday	Pilates Reformer	MS3	1:15 - 2:15PM
	Yoga I	HP 171	5:30 - 6:30PM
	Pilates Reformer	MS3	5:30 - 6:30PM
	Power Yoga	MS3	6:45 - 7:45PM
Friday	Power Yoga	HP 171	5:15 - 6:15PM

Schedules are subject to change for Series II. Visit recsports.indiana.edu for up-to-date information and session leaders.

MS3=Multi-Sport Gym 3 @ SRSC • HP171=Health, Physical Education, and Recreation (HPER) Room 171

Series I sessions will not meet on Monday, May 30 due to the Memorial Day holiday. Series II sessions will not meet on Monday, July 4 due to the Independence Day holiday. Your leader will discuss options for how these sessions will be made up.

New! Pilates Reformers

Reform your workout with our new Pilates Reformer sessions!

Pilates reformers target your deep core/power-house muscles and ensure you get a complete strength & flexibility workout, engaging every muscle in your body. Sessions are taught in a small group setting (no more than six participants).

Visit recsports.indiana.edu for more information including an equipment video demonstration.

