

GROUP CLASS SCHEDULE

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| MONDAY |
| 5:00PM RESTORE (60 min) – <i>Advanced</i> / 5 week session with Jenine |
| 6:30PM RESTORATIVE YOGA (60 min) – <i>All Levels</i> / 5 week session with Willa |
| TUESDAY |
| 10:30AM HEAT (REFORMER) (60 min) – <i>Intermediate</i> / 5 week session with Jenine |
| 12:00PM POWER (REFORMER) (60 min) – <i>Advanced</i> / 5 week session with Jenine |
| WEDNESDAY |
| 1:45PM ALIGN (REFORMER) (60 min) – <i>Essential</i> / 5 week session with Hailee |
| 3:00PM POWER (REFORMER) (60 min) – <i>Intermediate</i> / 5 week session with Hailee |
| 4:15PM POWER (REFORMER) (60 min) – <i>Intermediate</i> / 5 week session with Hailee |
| 5:30PM HEAT (REFORMER) (60 min) – <i>Advanced</i> / 5 week session with Hailee |
| THURSDAY |
| 12:00PM HEAT (REFORMER) (60 min) – <i>Advanced</i> / 5 week session with Jenine |
| SATURDAY |
| 9:30AM HIIT (60 min) – <i>Advanced</i> / 5 week session with Jenine Indoor shoes required |
| SUNDAY |
| TBA MONTHLY WORKSHOPS |

All sessions & workshops require pre-registration. In certain cases, drop-in may be permitted for an additional fee.

Contact hello@moetushealth.com or (705) 674-1877 to register 😊

restore [rə'stôr]

VERB: bring back; reinstate moving with ease and efficiency, return to original functional state.

Each class has a different theme, with an underlying focus on fascia and the role of the nervous system on joint stability, muscle tension, and functional movement.

align [ə'līn]

VERB: bring into line; discover appropriate arrangement to support mind and body.

(Matwork) Traditional and contemporary Pilates sequences fuse together to activate deep core muscles along the spine and within pelvic and shoulder girdles. Explore mindful movements to develop awareness and concentration.

(Reformer) Welcome to the Reformer realm! Learn the fundamentals and prepare your body for physiological changes to attain and maintain coordination, stability, and overall well-being.

heat [hēt]

NOUN: intensity of feeling; the quality of being hot.

(Reformer) Incorporate Tabata and High-Intensity Interval Training (HIIT) with Pilates to maximize results for cardiovascular endurance with a deep thermogenic response (anaerobic and aerobic training).

power ['pou(ə)r]

NOUN: physical strength and force exerted by something or someone.

(Reformer) Challenge both mind and body with precise, stimulating Pilates sequences designed to enhance core awareness while building strength and flexibility.