



SCHEDULE

24-25
SEPTEMBER
2022

CHIANCIANO TERME (SI)
GRAND HOTEL EXCELSIOR 4*
VIA SANT'AGNESE N.6
PHONE 0039 0578 64351

Event organised by



SATURDAY 24	REFORMER ROOM	MATWORK ROOM
h. 10,00	<p>Reformer Intermediate. Shoulders, arms and core NICOLA GRAVANTE - <i>Intermediate level</i> Reformer Intermediate with focus on the shoulder, arms and core. The whole upper body will be involved in an intense workout.</p> <input type="checkbox"/>	<p>Flow and rhythm GLORIA GASPERI - <i>Intermediate level</i> A complete Mat guided by flow and rhythm. <i>Counts as 1h of APPI permanent formation</i></p> <input type="checkbox"/>
h. 11,00	<p>Romanas Intermediate Reformer JEAN-CLAUDE NELSON - <i>Intermediate level</i> This class will focus on the order and intention that Romana Krysanowska gave the intermediate Reformer workout.</p> <input type="checkbox"/>	<p>3C - Centering, Concentration, Control ILARIA PULIDORI - <i>Intermediate/Advanced level</i> Class built to reach Centering, Concentration and Control.</p> <input type="checkbox"/>
h. 12,00	<p>Series GLORIA GASPERI - <i>Intermediate level</i> In classic Pilates there is an order of exercises, with reasons and logic, the order is formed by the series. We play and mix the series to stimulate the body and mind. <i>Counts as 1h of APPI permanent formation</i></p> <input type="checkbox"/>	<p>Matwork with Theraband NICOLA GRAVANTE - <i>Intermediate/Advanced level</i> Intense class where the use of Theraband will be an integral part of the lesson. Various Reformer exercises will take an alternative form in this "on the Mat" session.</p> <input type="checkbox"/>
h. 13,00	LUNCH TIME	
h. 15,00	<p>360° Reformer ILARIA PULIDORI - <i>Intermediate/Advanced level</i> Flow and Precision for a comprehensive workout.</p> <input type="checkbox"/>	<p>Play with the gravity GLORIA GASPERI - <i>Intermediate/Advanced level</i> Standing mat. Play with the gravity in a different way to understand centering from a new point of view. <i>Counts as 1h of APPI permanent formation</i></p> <input type="checkbox"/>
h. 16,00	<p>Reformer for athletes with dancer variations NICOLA GRAVANTE - <i>Intermediate/Advanced level</i> A lesson where you don't need to have a dance background but simply take pleasure in trying alternatives to the classic Pilates movements.</p> <input type="checkbox"/>	<p>Two way stretch Mat JEAN-CLAUDE NELSON - <i>Intermediate level</i> In this workout we will investigate the importance of lengthening from a strong center (The two way stretch) in the classical Mat exercises.</p> <input type="checkbox"/>
h. 17,00	<p>Variations on the Reformer JEAN-CLAUDE NELSON - <i>Intermediate level</i> This class will be about exploring a wide range of variations of Reformer exercises.</p> <input type="checkbox"/>	<p>Matwork with Roller ILARIA PULIDORI - <i>Intermediate/Advanced level</i> Work to reach balance, stability, and mobility.</p> <input type="checkbox"/>
h. 18,10	GROUP PHOTO	







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SUNDAY 25	REFORMER ROOM	MATWORK ROOM
h. 9,30	Total body and stretching NICOLA GRAVANTE - <i>Intermediate level</i> The focus will be on the extension and stretching of the whole body. At the end of the lesson you will have the impression of having gained height. And we really will have. <input type="checkbox"/>	Connections with the stick GLORIA GASPERI - <i>Intermediate level</i> Mat with the pole, how to use the stick to feel and deepen the connections. <i>Counts as 1h of APPI permanent formation</i> <input type="checkbox"/>
h. 10,30	Challenging work with quality of movement ILARIA PULIDORI - <i>Advanced level</i> Challenge and Quality. <input type="checkbox"/>	Rhythm and dynamics a powerful tool JEAN-CLAUDE NELSON - <i>Advanced level</i> This workshop will focus on using rhythm and dynamics to challenge your Pilates practice on the Mat. <input type="checkbox"/>
h. 11,30	Burning legs NICOLA GRAVANTE - <i>Intermediate/Advanced level</i> <input type="checkbox"/> Intense lesson where you will work the legs and buttocks a lot. Naturally, there will be the involvement of the Powerhouse.	Mat in pairs, game and connections GLORIA GASPERI - <i>Intermediate/Advanced level</i> <input type="checkbox"/> A mat in pairs to play and take advantage of the partner for connections and understanding of the work. <i>Counts as 1h of APPI permanent formation</i>
h. 12,30	LUNCH TIME	
h. 14,30	The original Joe's order. Rhythm and flow GLORIA GASPERI - <i>Intermediate/Advanced level</i> <input type="checkbox"/> Ready to squeeze the juice out of each reformer exercise following Joe's original order and understanding the role and importance of rhythm and flow in each exercise. <i>Counts as 1h of APPI permanent formation</i>	Reformer on Mat with Roller ILARIA PULIDORI - <i>Intermediate/Advanced level</i> <input type="checkbox"/> Reproducing the Reformer repertoire on Mat thanks to the use of the Roller while maintaining the essence of the exercise.
h. 15,30	Precision and Breathe on the Reformer JEAN-CLAUDE NELSON - <i>Basic/Intermediate level</i> <input type="checkbox"/> In this slow pace workout we will bring our attention to the precise execution of the basic Reformer exercises in relation to our breath.	Matwork for dance lovers NICOLA GRAVANTE - <i>Intermediate level</i> <input type="checkbox"/> Challenging class where you don't need to be a dancer. Balance, rhythm and coordination will be the focus of the lesson.
h. 16,30	Reformer challenge JEAN-CLAUDE NELSON - <i>Advanced level</i> <input type="checkbox"/> In this very Advanced Reformer workout we will challenge the body and mind to get out of its comfort zone.	Flowing Advanced Repertoire ILARIA PULIDORI - <i>Advanced level</i> <input type="checkbox"/>
h. 17,30	EVENT CLOSING WITH GREETINGS AND PREDICIONS FOR 2023	

-  YOU MAY INDICATE UP TO 3 LESSON PREFERENCE. THEY WILL NOT BE GUARANTEED AND THEY WILL BE ASSIGNED DEPENDING ON THE REGISTRATION DATE.
-  FILL IN THE SQUARE NEXT TO EACH LESSON YOUR PREFERENCES.
-  PRESENTERS WILL BE AVAILABLE FOR PRIVATE LESSONS UPON REQUEST AND RESERVATION.
-  "DINNER WITH THE PRESENTERS AND THE EVENT STAFF" a social dinner will be organised in a typical restaurant of the area on **Saturday 24th september** (not included in the price and by reservation only).