



pilates
1901

DON'T FORGET!

You can schedule
classes right
from your
phone through
the MindBody App.



SUMMER 2017 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50 am Yoga Flow	6:00 - 6:50 am Power Tower	6:00 - 6:50 am Yoga Flow	6:00 - 6:50 am Reformer Sculpt	6:00 - 6:50 am Body Blast		
	6:00 - 6:30 am Basic TRAMP				8:15 - 9:05 am Reformer Sculpt	
	6:30 - 7:00 am **Restorative Reformer				8:30 - 9:20 am Power Tower	
9:00 - 9:30 am Basic Reformer				9:00 - 9:30 am Basic Chair	9:00 - 9:50 am Basic Mat	
9:30 - 10:20 am Power Tower	9:30 - 10:20 am Yoga-Reformer	9:30 - 10:20 am Reformer Sculpt		9:30 - 10:20 am Yoga-Reformer	9:30 - 10:00 am Basic Reformer	9:30 - 10:20 am Slow Flow Yoga
					10:00 - 10:30 am **Cardio Tramp	9:30 - 10:00 am Basic Reformer
12:00 - 12:30 am Basic Chair	12:00 - 12:30 pm Basic Reformer	12:00 - 12:30 pm Basic Chair	12:00 - 12:30 pm Basic Reformer	12:00 - 12:50 pm Yoga Flow	10:30 - 11:20 am Power Ball	10:00 - 10:50 am ** Body Blast
12:30 - 1:00 am Upper Cut	12:30 - 1:00 pm **Restorative Reformer	12:30 - 1:00 pm ** Restorative Reformer	12:30 - 1:00 pm ** Cardio Tramp		<div> <div></div> MAT / BASIC PACKAGES </div> <div> <div></div> EQUIPMENT PACKAGES </div> <div> <div></div> ALL STUDIO PACKAGE </div> <div> ** MINIMUM OF 8 BASIC CLASSES REQUIRED TO PARTICIPATE </div>	
5:30 - 6:20 pm Basic Mat	5:30 - 6:00 pm Upper Cut	5:30 - 6:00 pm Basic Reformer	6:00 - 6:50 pm Yoga Flow			
6:00 - 6:50 pm Yoga-Reformer	6:00 - 6:30 pm Basic Reformer	6:00 - 6:30 pm **Cardio Tramp	6:00 - 6:50 pm Power Booty			
6:30 - 7:00 pm **Restorative Reformer	6:00 - 6:50 pm **Body Blast	6:00 - 6:50 pm Reformer Sculpt				

1901 W 43rd Ave | Kansas City, KS 66103 | 913.499.7510 | pilates1901.com

WHICH PILATES 1901 CLASS IS RIGHT FOR YOU?

GETTING STARTED

Basic Mat: Learn the 5 Basic Principles, the foundation for any Pilates practice. Mat exercises strengthen the whole body from the inside out!

Basic Reformer: Introductory class to the most popular piece of Pilates equipment.

Basic Chair: Introductory class to the Pilates Chair, a unique & challenging workout.

Basic Tramp: Introductory class to Cardio Tramp, using the Stott Pilates Rebounder.

NEW! Yoga Flow: Dynamic & energizing, flowing postures and sequences are linked with the breath. Tones and sculpts, improves flexibility & balance.

NEW! Slow Flow Yoga: Slow down and deepen your practice. A fundamental approach designed to increase awareness of breath and mind.

PROGRESSION WORKOUTS

***These classes require a minimum of 8 Basic Classes to participate.*

****Restorative Reformer:** A stretch class on the Reformer, the springs help to lengthen & strengthen your hips back & shoulders.

****Cardio Tramp:** A Reformer class using the Stott Pilates Rebounder-jumping with spring resistance boosts the heart rate & provides a killer core workout.

****Pilates Body Blast:** Non-Stop circuit class combining Pilates equipment & Mat Work. Fast-paced & fun, challenge core stability & endurance.

Power Ball: Stability training with the Ball. Movements inspired by Mat Work, and yoga.

Power Booty: Focus on your lower body with sculpting moves for the legs, butt & tummy. Lots of props, lots of results!

Upper Cut: Tone & strengthen your arms, shoulders & torso. Bodyweight, bands & provide resistance.

50 MINUTE EQUIPMENT CLASSES

These classes require 8 Basic Classes, or 6 Privates to participate.

NEW! Yoga-Former: A fusion of familiar Yoga combinations & Reformer exercises. Springs take your yoga practice to the next level. Build strength & length, body awareness & a calm mind!

Reformer Sculpt: A challenging full body workout to strengthen & build endurance based on the Stott Pilates repertoire.

Power Tower: This combo class combines the Reformer and Cadillac to provide huge variations to challenge your muscles and form.

Ask about our Express Class Plans which give you the greatest value and flexibility in scheduling your workouts.