

Effective August 15th, 2011



**pilates
1901**

Because we
don't just
change bod-
ies...

We change
lives.

1901 west 43rd avenue
Kansas city , ks 66103

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00—8:50 am Mat Challenge Cara / Holly	
6:00—6:50 am Reformer Challenge Cara	6:00—6:50 am Pilates Tower Tina	6:00—6:50 am Mat Challenge Cara	6:00—6:50 am Reformer Challenge Rob / Sara		8:15—9:05 am Reformer Challenge Lisa	
					8:30 am —9:20 am Pilates Tower Scott	
9:00 am—9: 30 am CARDIO Kettlebell Scott	8:30am—9:20 am Pilates Ball Scott	8:30—9:20 am Reformer Challenge Miriam		9:00-9:30 am CARDIO TRAMP Casey	9:00—9:50 am Mat Essentials Tina	9:00—10:00 am Mat Challenge Scott
9:30—10:20 am Reformer Challenge Tina	9:30 -10:00 am CARDIO TRAMP Miriam	9:30—10:20 am Reformer Challenge Tina	9:30 -10:00 am CARDIO Step Tina		9:30—10:20 am Pilates ON RAMP Julie	10:00- 10:50 am Pilates ON RAMP Scott
Small Group Class Schedule					10:00- 10:30 am CARDIO Kettlebells Miriam	
<p>Studies show that working out as little as 2 times per week can yield many health benefits such as lower blood pressure and stronger bones. But if you want to have a complete body transformation, you'll need to workout a minimum of 3 times per week. That's why we offer special pricing on 2-3 times per week Class Membership Packages! Ask us!</p>					1030—11:20 am Pilates Ball Lisa	
					1030—11:00 am CARDIO TRAMP Rob	
5:00- 5:50 pm Reformer Essentials Lisa	5:00- 5:50 pm Pilates Tower Rob	5:00-5:50 pm Pilates ON RAMP Rob			12:00—12:50 pm Pilates Circuit Lisa	
	5:30—6:00 pm CARDIO Step Lisa		5:30—6:00 pm CARDIO Kettlebells Scott			
6:00—6:50 pm Reformer Challenge Lisa	6:00—6:50 pm Reformer Essentials Lisa	6:00—6:50 pm Reformer Challenge Tina	6:00-6:50 pm Pilates ON RAMP Scott			
6:00—6:50 pm Pilates Ball Sara	6:00-6:50 pm Pilates ON RAMP Sara	6:00 -6:30 pm CARDIO TRAMP Kim	6:00-6:50 pm Mat Challenge Scott			
6:30 -7:00 pm CARDIO TRAMP Rob		6:30—7:20 pm Mat Essentials Kim				



Register online www.pilates1901.com 913 499 7510

PILATES 1901 SMALL GROUP TRAINING CLASSES

MAT AND CARDIO CLASSES

- **Pilates Mat Essentials** - Enjoy an hour of essential matwork, stability, balance and stretching postures to lengthen, define and align. All levels welcome. 50 minutes.
- **Mat Challenge** - You'll be glad Sunday only comes once a week because you'll need a few days to recover from this butt kicking cardio mat class guaranteed to burn fat, increase muscle tone and deliver results in record time. 50 minutes.
- **Pilates Ball** - This pilates based class incorporates challenging stability ball modifications to improve core strength, balance and endurance. Mat Essentials suggested before taking this class. 50 minutes.
- **Cardio Tramp**- This 29 minute cardio workout is the perfect complement to any mat or reformer workout. You will sweat so be ready! A min 3 private pilates sessions is required for participation.
- **Cardio Kettlebell** -Kettlebells are one of the most efficient means of burning fat, toning muscle and getting your Cardio all in one simple workout. Learn how to use Kettlebells the Pilates way. Vigorous workout for all levels.
- **Cardio Step**-Step classes are back at Pilates 1901. Basic right and basic left with a Hi Intensity twist for maximum fat burning results. All levels welcome. 29 minutes.

GROUP EQUIPMENT CLASSES

- **Pilates ON RAMP**—This 8 class– 35 day Intro to Reformer Intensive training is for **NEW CLIENTS** only. Please call the studio to register. Participation subject to instructor approval. 50 minutes.
- **Reformer Essentials** - This entry level Pilates equipment class provides new students a solid foundation of correct technique and essential mat and reformer exercises. Great for beginners and continuing students who want a basic reformer workout. A minimum of 6 private reformer sessions required for participation. 50 minutes.
- **Reformer Challenge** - This intermediate to advanced group reformer class challenges continuing students in a total body workout on Pilates most popular and versatile piece of equipment. Students never get bored in this seamless total body workout using a variety of positions and props. A minimum of 10 private and /or 10 Reformer Essentials classes required for participation. 50 minutes
- **Pilates Circuit**- This fitness based pilates circuit workout is never exactly the same. Instructors create a unique and effective circuit combining the reformer, jumpboard, chair and resistance props for a high intensity pilates interval workout. A minimum of 6 private sessions are required for participation in this class and you MUST ARRIVE 10 minutes early to your first session to participate. 50 minutes.
- **Pilates Tower Workout**- You're not going to believe the results you will get from our brand new Mat Tower Workout. Part mat, part cadillac, this new workout is suitable for clients of all levels. You'll use the springs on the vertical frame of the V2 Max machine to provide you a multi-dimensional, innovative and creative total body workout. A minimum of 6 private sessions required for participation 50 minutes

GETTING STARTED! As a **NEW STUDENT** we want to assure you have the **proper foundation** to get the most out of your Pilates practice. That's why we're making you a **VERY SPECIAL OFFER!** That's why you can get your first 6 sessions for just **\$259!** Call 913 499 7510 to schedule your **INTRO TO PILATES** sessions today!



- **Are you tired of putting in endless hours of mind numbing cardio?**
- **Getting frustrated by working out harder and harder for less and less results?**
- **Are you searching for a workout that supports your body rather than tearing it down?**

We'll look no further.

You've just discovered the why people all over Kansas City are making the switch to Pilates1901!



www.pilates1901.com

