



"Because we don't just change bodies..."

"We change lives."

1901 west 43rd avenue
Kansas city , ks 66103

Small Group Class Schedule

Effective Sept 20th 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00—6:50 am Reformer III Cara / Whitney	6:00—6:50 am Reformer II Shannon	6:00—6:50 am Pilates Mat II Cara	6:00—6:50 am Reformer II Corbie	6:00—6:50 am Pilates Ball Shannon	8:00—8:50am Pilates Bootcamp Shannon	
8:30—9:20 am Reformer II Kim	8:30am—9:20am Pilates Ball Matreena	8:30—9:20 am Reformer II Shannon			8:15—9:05 am Reformer II Lisa	
9:30—10:20 am Reformer III Scott		9:30—10:20 am Reformer III Scott			9:15—10:15 am Pilates Mat I Matreena	9:00—10:00 am Pilates Mat III Matreena
 <p>We also offer special small group workshops called PILATES BY DESIGN. This can be created especially for your own small group! We take your specific goals and create a program designed to meet and exceed your goals!</p>					9:30—10:20 am Reformer I Shannon	
					10:30— 11:20 am Pilates Ball Lisa	11:00—11:50pm Pilates Bootcamp Miriam
		12:00—12:50pm Pilates Bootcamp Shannon			12:00—12:50pm Pilates Bootcamp Lisa	
						
5:00— 5:50 pm Reformer I Lisa	5:00— 5:50 pm Reformer II Kim	5:00— 5:50 pm Reformer I Matreena			<p>Pilates 1901 offers small group training classes, specialty workshops and private training sessions guaranteed to dramatically improve the way your body looks, feels and functions.</p>	
6:00—6:50 pm Reformer II Lisa	6:00—6:50 pm Reformer I Lisa	6:00—6:50 pm Reformer III Shannon				
6:30 -7:20 pm Pilates Ball Matreena	6:00—6:50 pm Pilates Bootcamp Whitney	6:30—7:20 pm Pilates Mat I Kim				

Register online www.pilates1901.com 913 499 7510

SMALL GROUP TRAINING CLASSES



Pilates1901 is a **STOTT PILATES®** studio.

All of our instructors have been **STOTT PILATES®** trained and are highly qualified to help you safely and effectively reach your personal training goals.

Our #1 goal is your success! Because, if you don't look good, we don't look good.

- **Pilates Mat I** - Enjoy an hour of essential matwork, stability, balance and stretching postures to lengthen, define and align. All levels. 50 minutes.
- **Pilates Mat II** - Traditional Pilates mat exercises using small apparatus for assistance and resistance– the perfect intermediate full body workout. Mat I suggested before taking this class. 50 minutes.
- **Pilates Mat III** - This class takes mat enthusiasts to the next level of total body mat training with intermediate and advanced postures guaranteed to change your body! Previous experience required. 50 minutes.
- **Pilates Ball** - This pilates based class incorporates challenging stability ball modifications to improve core strength, balance and endurance. Intermedicate students only. 50 minutes.
- **Reformer I** - 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 3 private reformer sessions required for participation. 50 minutes.
- **Reformer II** - Using one of the most popular pieces of Pilates equipment, this class increases strength, flexibility and core stability in a workout you will love as much as the results. Previous equipment experience or a minimum of 10 Reformer I classes required for participation. 50 minutes.
- **Reformer III** - This non stop Pilates fitness class challenges students using reformer, jumpboard, arc barrel and mat exercises. Fast paced and exhilarating. Experienced students only. 50 minutes.
- **Pilates Bootcamp** - This fitness based pilates circuit workout is never exactly the same. Instructors create a unique and effective circuit combing the reformer, jumpboard, chair and resistance props for a **high intensity cardio pilates** workout. A minimum of 3 private sessions are required for participation in this class. 50 minutes.

CLASS FEES

Ask your trainer about our Premier Membership Packages. Membership truly has it's privileges! As a Premier member, you have unlimited access to our cardio room, full use of our online nutrition program and priority seating in your favorite classes. You can reserve your space in classes for up to 6 months in advance!

Premier Membership Rates				Drop In
*Any Class Pass	48 total classes	200 days	\$240 per mos	\$35
<i>Take any class on the schedule</i>	72 total classes	200 days	\$325 per mos	
*Bootcamp Class Pass	48 total classes	200 days	\$167 per mos	\$35
<i>Pilates Bootcamp or mat classes only</i>				
*Mat Class Pass	48 total classes	200 days	\$75 per mos	\$15
<i>Pilates mat and ball classes only</i>				

* Membership rates are only guaranteed with autopay contract