

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	6:00—6:50 am Pilates Ball Sara	8:00—8:50 am Mat Challenge Cara / Holly	
<h1>Small Group Class Schedule</h1> Effective Jan 16th 2012					8:15—9:05 am Reformer Challenge Lisa	
9:00 am—9:30 am CARDIO Kettlebell Scott	8:30am—9:20 am Pilates Ball Sara	8:30—9:20 am Reformer Challenge Miriam		9:00-9:30 am CARDIO TRAMP Casey	8:30 —9:20 am Pilates Tower Rob	9:00—10:00 am Mat Challenge Cara
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 Sculpt Tina	9:30—10:20 am Reformer Challenge Cara	9:00—9:50 am Mat Essentials Tina	10– 10:50 am Pilates ON RAMP Emily
<p>GETTING STARTED? As a NEW PILATES EQUIPMENT 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 2 VERY SPECIAL OFFERS! Choose between 6 Private reformer sessions for just \$259! Or our ON RAMP Program: 8 GROUP intro sessions for just \$199. Two great ways to get your total body transformation started! Call today!</p>					9:30—10:20 am Pilates ON RAMP Emily	
					10:00– 10:30 am CARDIO Kettlebell Miriam	
12:00– 12:30 pm Nooner Ball Xpress Lisa / Sara	12:15– 12:45 pm Nooner Mat Xpress Scott	12:15-12:45 pm Nooner CARDIO Kettlebell Emily	12:00– 12:30 pm Nooner Ball Xpress Holly	12:15-12:45 pm Nooner CARDIO Kettlebell Emily	1030—11:20 am Pilates Ball Lisa	
12:15-12:45 pm CARDIO TRAMP Casey	12:15– 1:00 pm Nooner ON RAMP Casey	12:45-1:15 pm Nooner CARDIO Fusion Sara	12:15– 1:00 pm Nooner ON RAMP Scott	12:45-1:15 pm Nooner Mat Xpress Sara	1030—11:00 am CARDIO TRAMP Rob	
	5:00– 5:50 pm Pilates Tower Rob				1130-12:00 pm CARDIO Sculpt Lisa	
5:00– 5:50 pm Reformer Essentials Lisa	5:30—6:00 pm CARDIO Fusion Lisa	5:00-5:50 pm Pilates ON RAMP Emily	5:00– 5:50 pm Reformer Essentials Sara		12:00—12:50 pm Pilates Circuit Rob	
530—6:00 pm CARDIO Kettlebell Emily	6:00—6:30 pm CARDIO Sculpt Lisa	5:30—6:20 pm Pilates Ball Lisa / Sara	5:30—6:00 pm CARDIO Kettlebell Emily / Kim	5:30—6:00 pm CARDIO Fusion Rob		
6:00—6:50 pm Reformer Challenge Lisa	6:00—6:50 pm Reformer Essentials Rob	6:00—6:50 pm Reformer Challenge Tina	6:00-6:50 pm Pilates ON RAMP Emily			
6:00—6:50 pm Pilates Ball Sara	6:00-6:50 pm Pilates ON RAMP Sara/ Miriam	6:00 –6:30 pm CARDIO TRAMP Kim	6:00—6:50 pm Mat Challenge Kim			
6:30 -7:00 pm CARDIO TRAMP Rob	6:30—7:20 pm Mat Essentials Cara	6:30—7:20 pm Mat Essentials Kim				

Register online www.pilates1901.com



PILATES 1901 SMALL GROUP CLASSES

MAT AND CARDIO CLASSES (**= Mat/Cardio Only Pass Clients Welcome)

Pilates Mat Essentials - Enjoy an hour of essential matwork, stability, balance and stretching postures to lengthen, define and align. All levels welcome. 50 minutes. **

NEW NOONER Mat Xpress - Get twice the results in half the time with this no nonsense 29 minute Pilates mat express class. In and out with awesome results. All levels welcome. **Nooner Grouponers Welcome** **

Mat Challenge - This mat class will tone, lengthen and strengthen your entire body in record time. A variety of small props and equipment makes getting bored in this workout impossible! Previous mat experience suggested but not required. 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 but not required. 50 minutes. **

NEW NOONER Ball Xpress This 29 minute Pilates ball workout wastes no time getting you rock hard abs and toned limbs. Even if you're in a hurry, this nooner will keep your body rocking with the best of our ball class moves. **Nooner Grouponers Welcome** **

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. 29 minutes. Fun for all levels.

NEW NOONER Cardio Kettbells- same great workout—in, sweat, burn, out. **Nooner Groupons Welcome** **

Cardio Fusion- Don't miss this brand new pilates based interval class designed to transform your shape from flab to fab! Hi intensity cardio & strength segments shock your body to truly reset your metabolism. All levels welcome. Be prepared to sweat and wear your tennis shoes! 29 minutes.

NEW NOONER Cardio Fusion - same great workout—in, sweat, burn, out. **Nooner Groupons Welcome** **

Cardio Sculpt- Unhappy with your hips, waist and arms? This new 29 minute full body burner takes multitasking to the extreme—strength moves for the upper & lower body are weaved together to create a long, lean look. Light resistance for heavy duty results! Tennis shoes. All levels welcome. **

Cardio Tramp- This 29 minute cardio workout is the perfect compliment to any mat or reformer workout. You will sweat, so be ready! **You must do our ON RAMP program or 6 private sessions to participate in this class.**

GROUP EQUIPMENT CLASSES

Pilates ON RAMP—This 8 class— 35 day Intro to Reformer Intensive training is for those just getting started on Pilates equipment training. Learn everything you need to know to progress to other workouts or continue in this essential class. 50 minutes.

NEW NOONER Pilates ON RAMP – This 4 class— 45 day Intro to Reformer Intensive training is for those just getting started on Pilates equipment training. Learn everything you need to know to progress to other workouts or continue in this essential class **Nooner Groupons Welcome** **

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 **or** Pilates ON RAMP required for participation. 50 min

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 or Pilates ON RAMP is required for participation in this class and you MUST ARRIVE 10 minutes early to your first session to participate. 50 minutes.

Pilates Tower Workout- Part reformer, part cadillac— ALL Challenging- 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. 6 private sessions or 8 Pilates ON RAMP classes are 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.