



pilates
1901

**“Because
we don’t
just
change
bodies...**

**We
change
lives.”**

1901 west 43rd avenue
Kansas city , ks 66103

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00—6:50 am Reformer III Cara / Tina	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 Corbie	8:30am—9:20am Pilates Ball Corbie	8:30—9:20 am Reformer II Shannon		9:00-9:30 am CARDIO TRAMP Shannon	8:15—9:05 am Reformer II Lisa	
9:30—10:20 am Reformer III Tina	9:30 -10am CARDIO TRAMP Miriam	9:30—10:20 am Reformer III Tina		9:30—10:20 am Bootcamp II Shannon	9:15—10:15 am Pilates Mat I Tina	9:00—10:00 am Pilates Mat III Scott
<div style="text-align: center;">  <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! Call 913 499 7510 for more info!</p> </div>					9:30—10:20 am Reformer I Shannon	
					10:30- 11:20 am Pilates Ball Lisa	11:00—11:50pm Bootcamp II Miriam
					1030—11:00 am CARDIO TRAMP Shannon	
					12:00—12:50pm Pilates Bootcamp Lisa	
5:00- 5:50 pm Reformer I Lisa	5:00- 5:50 pm Reformer II Rob	5:00- 5:50 pm Reformer I Rob				
6:00—6:50 pm Reformer II Lisa	6:00—6:50 pm Reformer I Lisa	6:00—6:50 pm Reformer III Shannon	6:00—6:50 pm Reformer II Corbie			
6:30 -7:20 pm Pilates Ball Rotates	6:30—6:50 pm Bootcamp I Miriam	6:00 -6:30 pm CARDIO TRAMP Kim				
7:00 -7:30 pm CARDIO TRAMP Rob		6:30—7:20 pm Pilates Mat I Kim				



Register online www.pilates1901.com 913 499 7510

SMALL GROUP TRAINING CLASSES

- **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 combining 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 and you MUST ARRIVE 10 minutes early to your first session to participate. 50 minutes.
- **Pilates Bootcamp II**— This is the advanced version of our Bootcamp and for experienced students only. You must have completed several Bootcamp I classes before you will be allowed to take this class. 50 minutes.
- **Cardio Tramp-** This 29 minute cardio workout is the perfect compliment to any mat or reformer workout. You will sweat so be ready! A min 3 private pilates sessions is required for participation.



- **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 why people all over Kansas City are making the switch to Pilates1901!



www.pilates1901.com

Premier Membership Rates	* Memberships are for 6 months		Single
*Any Class Pass	48 total classes	\$240 per mos	\$35
<i>Take any class on the schedule</i>	72 total classes	\$325 per mos	
*Bootcamp Class Pass	48 total classes	\$167 per mos	\$35
<i>Bootcamp, mat & cardio tramp classes only</i>			
*Mat Class Pass	48 total classes	\$75 per mos	\$15
<i>Mat, ball & cardio tramp classes only</i>	* Membership rates are only guaranteed with autopay contract		