






PILATES 1901 GROUP CLASS SCHEDULE

Let us help you get into the best shape of your life!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
600 -650 am REF CHALLENGE Cara	600 -650 am PILATES TOWER Tina	6:00—6:50 am CHAIR & BARRELS Tina	600 -650 am REF CHALLENGE Miriam	600 -650 am PILATES TOWER Lisa		
	600 - 630 am CARDIO TRAMP Chloe	600 -650 am MAT CHALLENGE Cara		600 - 630 am CARDIO TRAMP Chloe	8:00 – 850 am ZEN*GA Tina/Marianne	
	 <p style="text-align: center;">Summer Class Schedule Begins June 17th</p>				8:15 -9:05 am REFORMER CHALLENGE Lisa	
830 -900 am REFORMER ON RAMP Amanda						
9:00 – 950 am ZEN*GA Amanda	900 - 930 am CARDIO TRAMP Miriam		900 – 930 am CARDIO SCULPT Lisa	900– 930am CARDIO TRAMP Miriam	900 -950 am MAT ESSENTIALS Tina/Marianne	900 -950 am BARRE BURN + Amanda
930 –1020 am PILATES TOWER Kimmy	930– 1020am ZUMBA Kimmy	930 –1020 am PILATES TOWER Sara		930 –1020 am REFORMER CHALLENGE Cara	930 -1000 am REFORMER ON RAMP Cara/Emily	1000–1030 am STRETCH & CENTER Amanda
					1000 -1030 am CARDIO KET-BELLS Cara/Emily	1000 -1030 am REFORMER ON RAMP Megan
1200 -1230 pm CHAIR ON RAMP Lisa	1200-1230 pm REFORMER ON RAMP Cara	1200 -1230 pm CHAIR ON RAMP Cara	1200 -1250 pm ZEN*GA Amanda	1200 –1250pm MAT CHALLENGE Cara	1030 -1100 am CARDIO TRAMP Cara/Emily	1030 -1100 am CARDIO TRAMP Megan
1230 -100 pm ON TARGET: ARMS & ABS Lisa	1230 - 100 pm CARDIO TRAMP Cara				1030 -1120 am PILATES BALL Lisa	
					1130– 12:20 pm ZUMBA Amanda	
530-600 pm CARDIO KET-BELLS Emily		530-600 pm REFORMER ON RAMP Megan	530-600 pm CARDIO KET-BELLS Emily			
	530– 600 pm ON TARGET: ARMS & ABS Lisa	530– 620 pm BARRE BURN + Amanda	530–620 pm REFORMER ESSENTIALS Megan			
600 -650 pm PILATES BALL Sara	600 - 650 pm ZUMBA Miriam	600 -630 pm CARDIO TRAMP Marianne	600 -650 pm MAT CHALLENGE Miriam			
600–650 pm PILATES TOWER Lisa	600-630 pm REFORMER ON RAMP Chloe	600-650 pm CHAIRS & BARRELS Cara				
630-700 pm CARDIO TRAMP Megan	630-720 pm MAT ESSENTIALS Amanda	630-720 pm MAT ESSENTIALS Marianne	630 –700 pm CARDIO TRAMP Emily			
700 -750 pm ZUMBA Amanda					www.facebook.com/pilates1901	

Which class is right for me? Read our class descriptions. Questions? Call 913 499 7510

Schedule your classes with a click of your mouse. Ask how you can reserve your favorite class for up to 6 months in advance!

-  Mat Essentials, Mat Challenge, Pilates Ball, Barre Burn, Barre Burn +, Stretch & Center, Cardio Sculpt, Cardio Kettlebell, Reformer and Chair ON RAMP, ON Target, ZEN*GA and ZUMBA classes. No previous experience required, but please read the descriptions.
-  Reformer Essentials, Reformer Challenge, Pilates Tower and Chair & Barrel workouts. These equipment based classes require a minimum of 8 Reformer ON RAMP and Chair ON RAMP classes or 6 Private Pilates Training sessions before participation.
-  Cardio Tramp classes require a minimum of 8 Pilates ON RAMP classes or 6 Private Pilates Training Sessions before participation. After you complete your intro to reformer sessions, this is a great value as it is included on your mat/cardio membership!

PILATES 1901 SMALL GROUP CLASSES



MAT AND CARDIO CLASSES (Included in your Mat/Cardio or Combo Package)

Pilates Mat Essentials - You will enjoy learning essential matwork, as you increase your stability, balance and flexibility with postures To lengthen, define and align. 50 minutes. [All levels 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! 50 minutes. [Previous mat experience suggested but not required.](#)

Pilates Ball - This pilates based class incorporates challenging stability ball modifications to improve core strength, balance and endurance. 50 minutes. [Mat Essentials suggested before taking this class but not required.](#)

Barre Burn +- A fun & fluid class that is inspired by ballet conditioning and pilates. The standing exercises are all based on familiar ballet patterns like plies, arabesques, leg lifts & relives! All designed to build lean legs, buns, and lower abdominals, and no dancing! 50 minutes. [All levels welcome.](#)

Stretch & Center - RELAX!! This new class is designed to lengthen your muscles, increase flexibility & open your joints! Stretching is not only good for you, it just feels GOOD!! Deep, athletic style stretches in various positions & angles reduce tension. We'll throw in a pilates core segment, just because we can't help ourselves! 29 minutes. [All levels 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 Kettle bells with your Pilates principles. 29 fat burning minutes. [All levels welcome.](#)



Cardio Sculpt- Unhappy with your hips, waist and arms? This 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 required.](#) [All levels welcome.](#)



ON Target: Arms & Abs- We're targeting your trouble spots with our newest offering for your arms and abs in this 29 minute killer target training workout. [All levels welcome,](#) but prepare the feel (and see) the results!

Pilates ON RAMP—This [Introduction to Reformer training](#) class 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. 29 minutes.

Chair ON RAMP— This [Introduction to Chair training](#) class all is performed on one of the most versatile pieces of equipment in the Pilates repertoire, the Chair. Add this class to take your Pilates training to the next level. 29 minutes.

ZEN•GA™ is an innovative fusion of exercise science and mindful movement that allows you to become aware of how the body and the mind move in tandem. ZEN•GA focuses on core stability, stamina and resilience while attaining a state of presence. The increase in demand on your neuromuscular system allows you to reap the benefits of improved strength, clarity and overall fitness. **ZEN•GA +** is the same great workout, just longer and more intense!

ZUMBA -Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. All levels welcome! [Tennis shoes required](#) and best to bring a towel and water too!



CARDIO TRAMP CLASSES (Included in your Mat/Cardio or Combo Package)

Cardio Tramp- This 29 minute cardio workout is the perfect compliment to any other class on the schedule. You'll sweat, so be ready Although this equipment class is included in your Mat/Cardio membership, [a minimum of 6 private reformer sessions or 8 Pilates ON RAMP classes are required for participation.](#)

GROUP EQUIPMENT CLASSES (Included in your Equipment or Combo Package)

Reformer Essentials - This Pilates equipment class provides 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 8 Pilates ON RAMP required for participation.](#) 50 minutes.

Pilates Tower Workout- Part reformer, part Cadillac— ALL Challenging- this workout, performed on the Tower, 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 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.](#) [Advanced clients only.](#) 50 minutes.

Manage your class schedule online or by phone.

[On the wait list? Not a problem.](#)

We can sign you up to receive schedule updates automatically via text and email.

Ask us about our extended class packages!

