





# PILATES 1901 GROUP CLASS SCHEDULE




*Over 68 chances per week to get into your best shape!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
600 -650 am REF CHALLENGE Cara	600 -650 am PILATES TOWER Rachael	600 -650 am MAT CHALLENGE Cara	600 -650 am REF CHALLENGE Miriam	600 -650 am PILATES BALL Chloe		
600 -630 am CARDIO TRAMP Rose Marie		600 -630 am CARDIO TRAMP Chloe			800-850 am BARRE BURN + Rachael / Josh	
630 -700am TONE ZONE Rose Marie		630 -700am PILATES ON RAMP Chloe	630 -700am TONE ZONE Rose Marie		815 -905 am REF CHALLENGE Lisa	
830 -9:00 am PILATES ON RAMP Amanda	830 - 920 am PILATES BALL Sara	830 - 920 am REF CHALLENGE Miriam			830 -920 am PILATES TOWER Miriam	
9:00 – 9:30 am BARRE BURN Amanda	900 - 930 am CARDIO TRAMP Miriam	9:00 – 9:30 am BARRE BURN Amanda	900 – 930 am CARDIO SCULPT Lisa	9:00– 9:30am CARDIO TRAMP Miriam	900 -950 am MAT ESSENTIALS Tina / Rachael	900 -930 am BARRE BURN Amanda
930 –1020 am PILATES TOWER Rachael	930 am– 10am PILATES ON RAMP Chloe	930 –1020 am PILATES TOWER Tina / Sara	930am - 10 am STRETCH & CENTER Lisa	930 –1020 am REF CHALLENGE Cara	930 -1000 am PILATES ON RAMP Rose Marie	930am-10 am STRETCH & CENTER Amanda
					1000 -1030 am PILATES ON RAMP Rose Marie	1000 -1030 am PILATES ON RAMP Megan
1200 -1250 pm BARRE BURN + Rachael	1200-1230 pm PILATES ON RAMP Cara	1200 -1250 pm BARRE BURN + Rachael	1200 -1230 pm PILATES ON RAMP Amanda	1200 –1250pm MAT CHALLENGE Cara / Marianne	1000 -1030 am CARDIO KET-BELLS Cara / Chloe	1030 -1100 am CARDIO TRAMP Megan
	1230 -100 pm CARDIO TRAMP Cara		1230 -100 pm CARDIO TRAMP Amanda		1030 -1120 am PILATES BALL Lisa	
					1030 -1100 am CARDIO TRAMP Cara/Rosemarie	
530-600 pm CARDIO KET-BELLS Emily / Chloe	530 –620 pm CHAIR ESSENTIALS Rose Marie	530-600 pm PILATES ON RAMP Amanda	530-600 pm CARDIO KET-BELLS Emily		  <a href="http://www.facebook.com/pilates1901">www.facebook.com/pilates1901</a>	
530–620 pm REF ESSENTIALS Rose Marie	530– 600 pm BODY BLAST Lisa	530– 600 pm BARRE BURN Rachael	530–620 pm REF ESSENTIALS Megan			
600–650 pm PILATES TOWER Lisa	600 - 630 pm CARDIO SCULPT Lisa	600–650 pm CHAIR CHALLENGE Rachael	600 -650 pm MAT CHALLENGE Miriam			
600 -650 pm PILATES BALL Sara	600–650 pm REF ESSENTIALS Miriam	600-650 pm PILATES BALL Chloe	600-630 pm PILATES ON RAMP Emily			
600-630 pm CARDIO TRAMP Kimmy	600-630 pm and 630-700 pm PILATES ON RAMP Marianne	600 -630 pm CARDIO TRAMP Kimmy	630 –700 pm CARDIO TRAMP Emily			
700 pm–730 pm BARRE BURN Amanda	630-720 pm MAT ESSENTIALS Amanda	7:00 7:50pm MAT ESSENTIALS Josh	700 pm–730 pm BARRE BURN Josh		Begins January 14th, 2013	

**Which class is right for me?**

[www.pilates1901.com](http://www.pilates1901.com)

Schedule your classes with a click of your mouse. Members may reserve their favorite classes for up to 6 months in advance!

-  Mat Essentials, Mat Challenge, Pilates Ball, Barre Burn, Body Blast, Stretch & Center, Cardio Sculpt, Cardio Kettlebell and Pilates ON RAMP and Tone Zone classes. No previous experience required for participation in any of these classes but read the descriptions.
-  Reformer Essentials, Reformer Challenge, Pilates Tower workouts. These equipment based classes require a minimum of 8 Pilates 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 Membership)

**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.

**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. All levels welcome.

**Body Blast** - It's a Metabolism-Boosting cardio workout! This 30 minute class combines high intensity plyometric bursts followed by slower torso strengthening segments. Every move involves multiple muscle groups to maximize time & effort. All with your Pilates principles in mind!! Intermediate to advanced levels suggested, 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 & relevés! All designed to build lean legs, buns, and lower abdominals, and no dancing! 29 minutes. All levels welcome.

**Barre Burn Plus** - The same great Burn but 50 minutes instead of 29! Get ready to have a sweet little triangle booty!

**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! 30 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 Kettlebells 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.

**The Tone Zone** - Pilates meets athletics in this no nonsense 29 minute weight training/sculpting class. You'll love the tone in your body from the combination of weights, Pilates and sweat! Please wear your tennis shoes! All levels welcome.

**Pilates ON RAMP**—This 8 class— 35 day Introduction to Reformer 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. 29 minutes.

## **CARDIO TRAMP CLASSES** (Included in your Mat/Cardio or Combo Membership)

**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 Membership)

**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.

**Chair Essentials**— This all levels class is performed on one of the most versatile pieces of equipment in the Pilates repertoire, the Chair. You are in for a nice challenge and change in your workouts. 50 minutes.

**Chair Challenge**— This class is for those with previous Pilates and chair experience only, please. The same exercises you do in Mat classes seem like an entirely different move on the chair. 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.

