

Welcome to Pilates 1901!

You're about to change your body and your life.

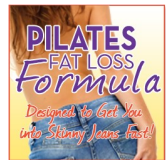
That's because at Pilates 1901, we've created the perfect environment for you to achieve your personal health and fitness goals.

As Kansas City's regional training hub for Internationally acclaimed STOTT PILATES®, instructor training, our expert staff is uniquely qualified to train, support, and direct you to success.

With over 65 Pilates based group exercise classes weekly and 15 STOTT PILATES®, Private trainers, and five beautiful and fully equipped Pilates studios, 1901 is your new fitness home.

Because we know that variety is the spice of life and the ticket to better results, we're constantly learning and innovating to bring you the best and most effective Pilates based workouts in the city. We're not a traditional Pilates studio and that's on purpose.

At Pilates 1901 you'll find....



The Pilates Fat Loss Formula

This 12 week program has provided hugely successful results for many of our clients looking to lose 10, 15 and even 50 lbs! This program includes monthly fitness assessments to track your progress, workshops to keep you motivated, Paleo nutrition coaching, and the www.pilatesfatlossformula.com—your online resource to losing fat and keeping it off! And it's FREE for 3X week Members of Pilates 1901!

29 Minute Target Training Workouts

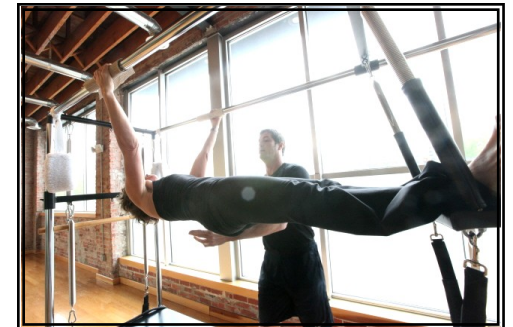
We know you're busy and don't have a minute to waste! Our 29 minute High Intensity Training classes will turn up the volume, motivation and results! Why workout longer when we can get you twice the results in half the time? Duh!



Traditional Pilates with a Twist!

With over five fully equipped Pilates studios, you're getting the best of traditional Pilates training but with an added difference! We're Pilates professionals but we're personal trainers too. We know that by teaching you the five basic principles of Pilates you're going to move better as an athlete. And that translates into more time on the golf course, tennis court, training bike or playing with your children or grandchildren.

There simply is no better, safer way to get in shape for your life than Pilates mat and equipment training. It truly is.. "Intelligent exercise with profound results." - SP®



**Pilates strengthens.
Pilates lengthens.
Pilates defines.**

Isn't it time you got the body you want, by doing workouts you truly love? Yes, it is.



PILATES 1901 GROUP CLASS SCHEDULE

Over 65 classes 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 Chloe			815 -905 am REF CHALLENGE Lisa	
630 -700am TONE ZONE Rose Marie		630 -700am REFORMER ON RAMP Chloe		630 -700am REFORMER ON RAMP Rose Marie	830 -920 am PILATES TOWER Miriam	
830 -900 am REFORMER ON RAMP Amanda	830 - 920 am PILATES BALL Sara	830 - 920 am REFORMER CHALLENGE Miriam			900 -950 am MAT ESSENTIALS Rachael	
9:00 - 930 am BARRE BURN Amanda	900 - 930 am CARDIO TRAMP Miriam		900 - 930 am CARDIO SCULPT Lisa	900- 930am CARDIO TRAMP Miriam	930 -1000 am REFORMER ON RAMP Rose Marie	900 -930 am BARRE BURN Amanda
930 -1020 am PILATES TOWER Rachael	930- 1000am REFORMER ON RAMP Chloe	930 -1020 am PILATES TOWER Sara		930 -1020 am REFORMER CHALLENGE Cara	1000-1030am BARRE BURN Rachael	930am-10 am STRETCH & CENTER Amanda
					1000 -1030 am REFORMER ON RAMP Rose Marie	1000 -1030 am REFORMER ON RAMP Megan
1200 -1230pm BARRE BURN Rachael	1200-1230 pm REFORMER ON RAMP Cara	1200 -1230 pm CHAIR ON RAMP Rachael	1200 -1230 pm REFORMER ON RAMP Amanda	1200 -1250pm MAT CHALLENGE Cara	1000 -1030 am CARDIO KET-BELLS Cara / Emily	1030 -1100 am CARDIO TRAMP Megan
	1230 -100 pm CARDIO TRAMP Cara		1230 -100 pm CARDIO TRAMP Amanda		1030 -1100 am CARDIO TRAMP Cara/Rosemarie	
					1030 -1120 am PILATES BALL Lisa	
530-600 pm CARDIO KET-BELLS Emily	530 -600 pm CHAIR ON RAMP Rose Marie	530-600 pm REFORMER ON RAMP Amanda	530-600 pm CARDIO KET-BELLS Emily			
530-620 pm REFORMER ESSENTIALS Megan	530- 600 pm BODY BLAST Lisa	530- 620 pm BARRE BURN + Rachael	530-620 pm REFORMER ESSENTIALS Megan			
600-650 pm PILATES TOWER Lisa	600 - 630 pm CARDIO SCULPT Lisa		600 -650 pm MAT CHALLENGE Miriam			
600 -650 pm PILATES BALL Sara	600-650 REFORMER ESSENTIALS Miriam	630-650 pm CHAIR CHALLENGE Rachael	600-630 pm REFORMER ON RAMP Emily			
630-700 pm CARDIO TRAMP Rachael	600-630 pm & 630-700 pm REFORMER ON RAMP Marianne	600 -630 pm CARDIO TRAMP Kimmy	630 -700 pm CARDIO TRAMP Emily			
700 -730 pm BARRE BURN Amanda	630-720 pm MAT ESSENTIALS Amanda	700 -750pm MAT ESSENTIALS Josh	700 -730 pm BARRE BURN Josh			

www.facebook.com/pilates1901



Begins March 1st, 2013

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.

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 + - A 50 minute version of our original Barre Burn class! With a deep focus on technique, this full body workout elongates your legs, lifts your butt and strengthens your abs. Uses conditioning routines taken from dance and the concepts of isometrics for a non-impact sculpting workout. No dancing! All levels.

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.

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.

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. Tennis shoes suggested but not required.

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.

Reformer 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.

Chair ON RAMP— 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. 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 Challenge— This class is for those with previous pilates and On Ramp 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.