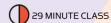
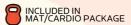
WHICH PILATES 1901 CLASS IS RIGHT FOR YOU?









Beginning Mat Classes:

- Mat Essentials: Learn the five Basic Principles- the foundation of all Pilates practice. Any level can benefit!
- Core & Restore: Exercises to strengthen your core awareness & restore the bodu.

Beginning Equipment Classes:

- Reformer On Ramp: Introductory class to the most popular piece of equipment.
- Chair On Ramp: Introductory class to the chair, a unique and challenging class.

Mat Based Classes (tennis shoes required):

- Cardio Sculpt: Intervals of step aerobics and resistance training.
- Cardio Kettlebells: Intervals of kettlebell and Pilates strength moves.
- Blast OFF: Intervals of Plyometric and Pilates strength training.
- Zumba: Dance your way to fit and have fun!

Equipment Based Classes (pre-requisite of 6 private or 8 On Ramp classes):

- TRAMP: Interval training on the reformer using tramp.
- Pilates Circuit: Intervals on a variety of equipment. Challenging!

- Pilates on the Ball: Stability training on the ball!
- (On Target: Arms & Abs: Sculpt, tone and strengthen with bodyweight Pilates training.
- 🐪 🖺 Pilates Flow: The flow of yoga, the power of Pilates-- a winning combo.
- 🚹 🖀 Barre Burn: Lift and firm your bottom line with this barre class.
- Mat Challenge: Expand your mat repertoire and results with challenging moves.
- PReformer Essentials: A step upward from Reformer On Ramp-have fun and get results!
- Pilates Tower: The challenge of the reformer and versatility of the Cadillac to keep your results going.
- Pilates Circuit: Intervals on a variety of equipment. Challenging!
- P Reformer Challenge: Progress your reformer workouts with added difficulty and rewards.
- (P) Chair & Barrels: Put your Chair On Ramp into practice with this challenging class.