

WHICH PILATES 1901 CLASS IS RIGHT FOR YOU?

 29 MINUTE CLASS





 50 MINUTE CLASS

 INCLUDED IN
MAT/CARDIO PACKAGE





 INCLUDED IN
EQUIPMENT PACKAGE

GETTING STARTED









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 body.





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!

MAT CLASSES

-   **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.

EQUIPMENT CLASSES

pre-requisite of 6 private or
8 ON Ramp classes

-   **Reformer 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!
-   **Reformer Challenge:** Progress your reformer workouts with added difficulty and rewards.
-   **Chair & Barrels:** Put your Chair On Ramp into practice with this challenging class.