

WHICH PILATES 1901 SMALL GROUP TRAINING IS RIGHT FOR YOU?

If you are new to Pilates, we ask that you take any 4 of our BASIC sessions before you take Sculpt Reformer, Power Tower or Tower Jump Combo.

PILATES EQUIPMENT WORKOUTS

Basic Reformer (30 min)

Discover proper technique on this popular Pilates machine. Enhance full body strength & alignment. You will love the Reformer!

Basic Chair (30 min)

Step up your workout on this unique Pilates machine. Gain core strength & stability with spring resistance & the 5 Basic Principles.

Basic Tower (30 min)

Experience the versatility of the Tower machine. A complete body workout using springs on a vertical frame.

Basic Reformer + Tramp (50 min)

NEW! Develop core stability & cardio endurance. This workout begins with 30 min of strength moves on the Reformer, followed by 20 min on the Cardio Tramp rebounder.

Basic Chair + Restore (50 min)

NEW! This 50 min workout adds variety & challenge with a unique piece of Pilates Equipment. Complete your session with deep restorative stretches for your hips, back & shoulders on the Reformer.

Power Tower (50 min)

Take your practice to new heights! The Tower offers more variety of movements with springs attached to the vertical frame. Enhances full body conditioning.

Sculpt Reformer (50 min)

A fun & invigorating workout perfect for anyone who enjoys a challenge! Creative combinations with a focus on technique help boost mobility & strength.

Tower Jump Combo (50 min)

Designed for those who love to move! Bursts of jumping on the padded board alternating with strength exercises on the Pilates Tower help to increase endurance & muscle tone!

MAT-BASED WORKOUTS

Basic Mat (50 min)

Isolate & strengthen your muscles using the 5 Basic Principles & small props. Balls, bands, circles help create a lean, long & strong body.

Core & Restore (50 min)

Relax with movements designed to deepen your breath & core strength. Flexibility, balance & mood will improve!

Arms, Abs & Ball (30 & 50 min)

An upper body & core focused workout. Sculpt your arms, shoulders & abs with targeted moves using bands, bodyweight & dumb bells.

INVERSION THERAPY WORKOUTS

Restorative Low (50 min)

A fantastic way to stretch your tight hips & low back while connecting to your breath, mind & heart. Therapeutic & healing, all performed in the low hammock.

High/Low IT (50 min)

Increase your flexibility, spine health & mind body connection in this Inversion Therapy session. Prepare to feel happy, relaxed, & grounded! 4 (30) min private IT sessions required for participation.

Low IT & Yamuna (50 min)

NEW! A combo of Yamuna Body Rolling & Low hammock that will increase flexibility, stimulate your nervous system, & elongate muscles.

* ONE MONTH FLEX PASSES

- **Single Session** \$25
- **Five Sessions** \$100 (\$20 per session)
- **10 Sessions** \$150 (\$15 per session)
- **15 Sessions** \$199 (\$13 per session)

**Expires in one month - use them or lose them!*

* BEST VALUE! SIX MONTH FLEX PASS

- **120 Sessions** (\$12.45 per session)
\$259 per month for 6 months

**Save money. Schedule your favorite workouts up to 6 months in advance.*