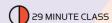
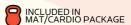
# WHICH PILATES 1901 CLASS IS RIGHT FOR YOU?









#### Beginning Mat Classes:

- Mat 1: 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 1: Introductory class to the most popular piece of equipment.
- Chair 1: 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.
- Zumba: Dance your way to fit and have fun!
- Ketttle Bell Core NEW: A killer combo of cardio, strength, and Mat work! 29 minutes, all levels, tennis shoes, please!
- HIIT: Come ready to WORK! 29 minutes-high intensity intervals of core, plyometric and strength moves! Tennis shoes and courage required! Intermediate to advanced levels.

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

TRAMP: Interval training on the Reformer using the Tramp.

- Ball Flow: Stability training with the Ball, Pilates principles, and Yoga inspired
- On Target: Arms & Abs: Sculpt, tone and strengthen with bodyweight Pilates training.
- Barre Burn: Lift and firm your bottom line with this barre class.
- Mat 2: Expand your mat repertoire and results with challenging moves.
- Power Mat: Energetic & FUN, these 29 minutes will push you deeper into the movements. You will leave feeling stronger & longer! Some mat experience suggested.

## Reformer 2: A step upward from Reformer 1 -have fun and get results!

- Pilates Tower: The challenge of the reformer and versatility of the Cadillac to keep your results going.
- Reformer 3: Progress your reformer workouts with added difficulty and rewards.