

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 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!
- Kettle 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.

CARDIO
WORKOUTS

MAT
CLASSES

- Ball Flow:** Stability training with the Ball, Pilates principles, and Yoga inspired moves.
- 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.

EQUIPMENT CLASSES
pre-requisite of 6 private or
8 ON Ramp classes

- 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.