

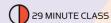




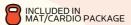


	6:00 - 6:50 pm Tower	6:00-6:50 pm Mat Essentials	5:30-6:00 pm Cardio Kettlebells	5:30-6:00 pm Reformer On Ramp
6:30-7:00 pm	6:00-6:50pm ZUMBA®	6:00-6:30 pm Reformer On Ramp		5:30-6:00 pm Arms & Abs
6:30-7:20 pm	6:00-6:30 pm TRAMP	6:00-6:30 pm TNT		5:30-6:00 pm Reformer On Ramp
		6:00-6:30 pm Reformer On Ramp	5:30-6:20 pm Reformer Essentials	5:30-6:20 pm Cardio Sculpt
GROUP EQUIPMENT CLASSES (INCLUDED IN YOUR EQUIPMENT OR COMBO PACKAGE)		CARDIO TRAMP CLASS (INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE)		MAT & CARDIO CLASSES (INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE)

WHICH PILATES 1901 CLASS IS RIGHT FOR YOU?



50 MINUTE CLASS





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.
- 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 the Tramp.
- 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.
- Marre Burn: Lift and firm your bottom line with this barre class.
- Mat Challenge: Expand your mat repertoire and results with challenging moves.
- 🕚 🖁 Power Sculpt: A head to toe strength challenge; bands, weights, balls & gravity provide resistance.
- () TNT: Who wouldn't dig a tighter tush & toned tummy? We get it. We use bands, DBs, balls & body weight to bring magic to your midsection. All levels.
- Power Mat: Energetic & FUN, these 29 minutes will push you deeper into the movements. You will leave feeling stronger & longer! Some mat experience suggested.

- 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.
- PReformer Challenge: Progress your reformer workouts with added difficulty and rewards.