



WINTER CLASS SCHEDULE



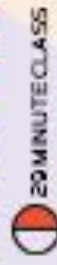
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 am Reformer 3	6:00-6:50 am Tower	6:00-6:50 am Cardio Sculpt	6:00-6:50 am Reformer 3	6:00-6:50 am Tower		
	6:00-6:30 am TRAMP			6:00-6:30 am HIIT	8:15-9:05 am Reformer3	
					8:30-9:20 am Tower	
9:00-9:30 am Reformer 1	9:00-9:30 am TRAMP			9:00-9:30 am TRAMP		
9:30-10:20 am Tower		9:30-10:20 am Tower	9:30-10:20am Reformer 2	9:30-10:20 am Reformer 3	9:00-9:50 am Mat 1	8:30-9:20 am ZUMBA®
						9:30-10:20 am Core & Restore
12:00 - 12:30 pm Chair 1	12:00 - 12:30 pm Reformer 1	12:00 - 12:30 pm Chair 1	12:00 - 12:30 pm Reformer 1	12:00 - 12:50 pm Barre Burn	9:30 - 10:00 am Reformer 1	9:30 - 10:00 am Reformer 1
12:30 - 1:00 pm Arms & Abs	12:30-1:00 pm TRAMP	12:30 - 1:00 pm Power Mat	12:30-1:00 pm TRAMP		10:00-10:30 am Kettle Bell Core	10:00-10:30 am TRAMP
					10:30-11:20 pm Ball Flow	
5:30-6:00 pm HIIT	5:30-6:00 pm Arms & Abs	5:30-6:00 pm Reformer 1	5:30-6:20 pm Barre Burn			
5:30-6:00 pm Reformer 1	6:00-6:30 pm Reformer 1	6:00-6:50 pm Mat 2	5:30-6:20 pm Reformer 2			
6:00-6:50 pm Ball Flow	6:00-6:50 pm ZUMBA®	6:00-6:30 pm TRAMP	6:00-6:30 pm Chair 1			
6:00 - 6:50 pm Tower	6:30-7:00 pm TRAMP					

- MAT & CARDIO CLASSES
(INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE)
- CARDIO TRAMP CLASS
(INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE)
- GROUP EQUIPMENT CLASSES
(INCLUDED IN YOUR EQUIPMENT OR COMBO PACKAGE)

DON'T FORGET!
You can schedule classes right from your phone through the MindBody App.



WHICH PILATES 1901 CLASS IS RIGHT FOR YOU?



20 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.

CARDIO WORKOUTS

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.

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.