



FALL 2014 CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 am Reformer Challenge	6:00-6:50 am Tower	6:00-6:50 am Chair & Barrels	6:00-6:50 am Reformer Challenge	6:00-6:50 am Tower		
	6:00-6:30 am TRAMP	6:00-6:50 am Mat Challenge	6:00-6:30 am TRAMP	6:00-6:50 am Core & Restore		
8:30-9:00 am Reformer On Ramp	9:00-9:30 am TRAMP	8:30-9:00 am Reformer On Ramp		9:00-9:30 am TRAMP	8:15-9:05 am Reformer Challenge	9:00-9:50 am Barre Burn
9:30-10:20 am Tower	9:30-10:20 am Barre Burn	9:30-10:20 am Tower	9:00-9:30 am Cardio Sculpt	9:30-10:20 am Reformer Challenge	8:30-9:20 am Tower	10:00-10:30 am Core & Restore
12:00-12:30 pm Chair On Ramp	12:00-12:30 pm Reformer On Ramp	12:00-12:30 pm Chair On Ramp	12:00-12:30 pm Reformer On Ramp	12:00-12:50 pm Barre Burn	9:00-9:50 am Mat Essentials	10:00-10:30 am Reformer On Ramp
12:30 - 1:00 pm Arms & Abs	12:30 - 1:00 pm TRAMP	12:30 - 1:00 pm Cardio Kettlebells	12:30 - 1:00 pm Blast OFF		9:00-9:30 am Chair On Ramp	
					9:30-10:00 am Reformer On Ramp	10:30-11:00 am TRAMP
5:30-6:00 pm Reformer On Ramp	5:30-6:20 pm Chair & Barrels	5:30-6:20 pm Barre Burn	5:30-6:20 pm Reformer Essentials		10:00-10:30 am Blast OFF	10:30-11:20 am Mat Challenge
5:30-6:00 pm Cardio Kettlebells	5:30-6:00 pm Arms & Abs	5:30-6:00 pm Reformer On Ramp	5:30-6:20 pm Jump 2 It		10:30-11:20 am Pilates Ball	
6:00-6:50 pm Tower	6:00-6:30 pm Reformer On Ramp	5:30-6:20 pm Pilates Circuit	6:00-6:50 pm Pilates Flow			
6:00-6:50 pm Pilates Ball	6:00-6:50 pm ZUMBA®	6:00-6:30 pm TRAMP	6:30-7:00 pm Blast OFF			
6:30-7:20 pm Core & Restore	6:30-7:00 pm Chair On Ramp	6:30-7:20 pm Mat Challenge				

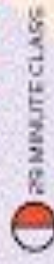
- MAT & CARDIO CLASSES (INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE)
- CARDIO TRAMP CLASS (INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE)
- GROUP EQUIPMENT CLASSES (INCLUDED IN YOUR EQUIPMENT OR COMBO PACKAGE)

DON'T FORGET!

You can schedule classes right from your phone through the MindBody App.



WHICH PILATES 1901 CLASS IS RIGHT FOR YOU?



25 MINUTE CLASS



50 MINUTE CLASS



INCLUDED IN
MAT/CHAIR PACKAGE



INCLUDED IN
PRIVATE OR 8 ON RAMP PACKAGE

GETTING STARTED

Beginning Mat Classes:

- Mat Essentials:** Learn the five basic principles- the foundation of all Pilates practice.
 - Core & Restore:** Exercises to strengthen your core awareness & restore the body.
- 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.

CARDIO WORKOUTS

Mat Based Classes (tennis shoes required):

- Cardio Sculpt:** Intervals of step aerobics and resistance training.
- Cardio Kettlebells:** Intervals of kettlebell and Pilates strength moves.
- Blast Off:** Intervals of Plyometric and Pilates strength training.
- 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 tramp.
- Pilates Circuit:** Intervals on a variety of equipment. Challenging!
- Jump 2 It:** The tramp class on steroids, you'll have no choice but to get stronger!

MAT CLASSES

- Pilates on the Ball:** Stability training on the ball!
- On Target: Arms & Abs:** Sculpt, tone and strengthen with bodyweight Pilates training.
- Pilates Flow:** The flow of yoga, the power of Pilates - a winning combo.
- Barre Burn:** Lift and firm your bottom line with this barre class.
- Mat Challenge:** Expand your mat repertoire and results with challenging moves.

EQUIPMENT CLASSES

pre-requisite of 6 private or 8 ON Ramp classes

- Reformer 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.
- Pilates Circuit:** Intervals on a variety of equipment. Challenging!
- Reformer Challenge:** Progress your reformer workouts with added difficulty and rewards.
- Chair & Barrels:** Put your Chair On Ramp into practice with this challenging class.
- Jump 2 It:** The tramp class on steroids, you'll have no choice but to get stronger!