

# WINTER 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 Cardio Sculpt	6:00-6:30 am TRAMP	6:00-6:50 am Core & Restore		
9:00-9:30 am Reformer On Ramp	9:00-9:30 am TRAMP	9:00-9:50 am Mat Challenge		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	9:00-9:50 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 Barre Burn	5:30-6:20 pm Reformer Essentials		10:00-10:30 am Blast OFF	10:30-11:20 am Reformer Essentials
5:30-6:00 pm Cardio Kettlebells	5:30-6:00 pm Arms & Abs	5:30-6:00 pm Reformer On Ramp	5:30-6:00 pm Blast OFF		10:30-11:20 am Ball Flow	
6:00-6:30 pm TRAMP	6:00-6:50 pm ZUMBA®	5:30-6:20 pm Pilates Circuit	6:00-6:50 pm ZUMBA®			
6:00-6:50 pm Tower	6:00-6:30 pm Reformer on Ramp	6:00-6:30 pm TRAMP	6:00-6:30 pm Reformer on Ramp			
6:00-6:50 pm Ball Flow	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?

 29 MINUTE CLASS





 50 MINUTE CLASS

 INCLUDED IN MAT/CARDIO PACKAGE





 INCLUDED IN EQUIPMENT PACKAGE

## GETTING STARTED

### 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 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 the tramp.
-   **Pilates Circuit:** Intervals on a variety of equipment. Challenging!

## 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 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.