



SUMMER CLASS SCHEDULE



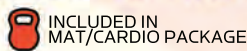
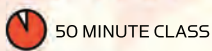
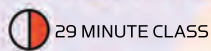
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 am Reformer Challenge	6:00-6:50 am Tower	6:00-6:50 am Cardio Sculpt	6:00-6:50 am Reformer Challenge	6:00-6:50 am Tower		
	6:00-6:30 am TRAMP		6:00-6:30 am TRAMP			
9:00-9:30 am Reformer On Ramp	9:00-9:30 am TRAMP	9:00-9:50 am Ball Flow		9:00-9:30 am TRAMP	8:15-9:05 am Reformer Challenge	
9:30-10:20 am Tower	9:30-10:00 am Power Mat	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	9:00-9:30 am TNT
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	9:30-10:20 am Core & Restore
12:30 - 1:00 pm Arms & Abs	12:30 - 1:00 pm TRAMP		12:30 - 1:00 pm Arms & Abs		9:00-9:30 am Reformer On Ramp	
					10:00-10:30 am Blast OFF	10:30-11:00 am Reformer on Ramp
5:30-6:00 pm Reformer On Ramp	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	
5:30-6:00 pm Cardio Kettlebells		6:00-6:30 pm TNT	6:00-6:50 pm Reformer Essentials			
6:00-6:50 pm Matt Essentials	6:00-6:30 pm Reformer on Ramp	6:00-6:50 pm Pilates Circuit				
6:00-6:50 pm Tower	6:00-6:50 pm ZUMBA®	6:00-6:30 pm TRAMP				
		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?



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 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.
- 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, this 30 minute Mat class will push you deeper into the movements so you leave feeling longer & stronger! Challenge your control & strength, create tone & results for your entire body! Some mat experience suggested.

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.