



FALL CLASS SCHEDULE

Pilates 1901

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			6:00-6:50 am Power Sculpt		
					8:15-9:05 am Reformer Challenge	
9:00-9:30 am Reformer On Ramp	9:00-9:30 am TRAMP		9:00-9:30 am Arms & Abs	9:00-9:30 am TRAMP	8:30-9:20 am Tower	
9:30-10:20 am Tower		9:30-10:20 am Tower		9:30-10:20 am Reformer Challenge	9:00-9:50 am Mat Essentials	9:00-9:30 am TNT
					9:00-9:30 am Cardio Kettlebells	9:30-10:00 am Core & Restore
					9:30-10:00 am Reformer On Ramp	9:30-10:00 am Reformer On Ramp
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	10:00-10:30 am Power Sculpt Express	10:00-10:30 am TRAMP
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		10:30-11:20 pm Ball Flow	10:30-11:20 pm ZUMBA®
5:30-6:00 pm Reformer On Ramp	5:30-6:00 pm Arms & Abs	5:30-6:00 pm Reformer On Ramp	5:30-6:20 pm Cardio Sculpt			
5:30-6:00 pm Cardio Kettlebells			5:30-6:20 pm Reformer Essentials			
6:00-6:50 pm Mat Essentials	6:00-6:30 pm Reformer On Ramp	6:00-6:30 pm TNT	6:00-6:30 pm Reformer On Ramp			
6:00-6:50 pm Tower	6:00-6:50 pm ZUMBA®	6:00-6:30 pm TRAMP				
	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?



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.
- 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.

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.
- Power Sculpt:** A head to toe strength challenge; bands, weights, balls & gravity provide resistance.
- Power Sculpt Express:** A 29 minute version of Power Sculpt.
- 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.

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