

						To A	No.		
12:30 - 1:00 pm Arms & Abs	12:00 - 12:30 pm Chair On Ramp		9:30-10:20 am Tower	9:00-9:30 am Reformer On Ramp		6:00-6:50 am Reformer Challenge	MONDAY	C	
12:30-1:00 pm TRAMP	12:00 - 12:30 pm Reformer On Ramp			9:00-9:30 am TRAMP	6:00-6:30am TRAMP	6:00-6:50 am Tower	TUESDAY		
12:30 - 1:00 pm Power Mat	12:00 - 12:30 pm Chair On Ramp		9:30-10:20am Tower			6:00-6:50 am Cardio Sculpt	WEDNESDAY	Ē	Ħ
12:30-1:00 pm TRAMP	12:00 - 12:30 pm Reformer On Ramp			9:00-9:30 am Arms & Abs		6:00-6:50 am Reformer Challenge	THURSDAY		
	12:00 - 12:50 Barre Bur		9:30-10:20 Reformer Cha	9:00-9:30 TRAMP	6:00-6:50 Power Scu	6:00-6:50 Tower	FRIDA	Ē	二

am

SATURDAY

SUNDAY

Reformer Challenge

8:15-9:05 am

8:30-9:20 am

Tower

9:00-9:50 am Mat Essentials

9:00-9:30 am

9:00-9:30 am

9:30-10:20 am Core & Restore 9:30 - 10:00 am 10:00-10:30 am



6:00 - 6:50 pri Mat Essentials 6:00-6:50 pm 5:30-6:00 pm 5:30-6:00 pm

6:00-6:30 pm Reformer On Ramp 6:00-6:50pm ZUMBA®

> Reformer Essentials Reformer On Ramp 6:00-6:30 pm 5:30-6:20 pm 5:30-6:20 pr Cardio Sculpt

Tower

Chair On Ramp

6:30-7:20 pm Mat Challenge 6:00-6:30 рг TRAMP 6:00-6:30 pm TNT

(NCLUDED IN YOUR EQUIPMENT OR COMBO PACKAGE)

CARDIO TRAMP CLASS
(INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE)

MAT & CARDIO CLASSES
(INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE)

Power Sculpt Expres

Ball Flow

ZUMBA®

10:00-10:30 am

Reformer On Ramp 9:30 - 10:00 am Cardio Kettlebells

Reformer On Ramp

classes right

You can schedu

from your phone through

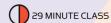
the MindBody App.

Reformer On Ramp Cardio Kettlebell

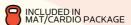
5:30-6:00 pm

5:30-6:00 pm

WHICH PILATES 1901 CLASS IS RIGHT FOR YOU?



50 MINUTE CLASS





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 bodu.

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.

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.

- Ball Flow: Stability training with the Ball, Pilates principles, and Yoga inspired
- On Target: Arms & Abs: Sculpt, tone and strengthen with bodyweight Pilates training.
- Marre 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 tummu? 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.

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

EQUIPMENT CLASSES pre-requisite of 6 private or 8 ON Ramp classes