



HOLIDAY 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 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	9:30-10:20 am Core Fj 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 TRAMP
	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 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.



1901 W 43rd Ave | Kansas City, KS 66103 | 913.499.7510 | pilates1901.com

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.
-   **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.



-   **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.