

Fall 2018

CLASS SCHEDULE



Reminder!

Schedule your classes in advance from your phone via the MindBody App.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Power Tower (6 - 6:50 a.m.)		Sculpt Reformer (6 - 6:50 a.m.)			
	Basic Cardio Tramp (6 - 6:30 a.m.)	Arms, Abs & Ball (6 - 6:30 a.m.)		Basic Chair (6 - 6:30 a.m.)		
	Restorative Reformer (6:30 - 7 a.m.)	Restorative Low IT (6:30 - 7 a.m.)		Restorative Reformer (6:30 - 7 a.m.)		
					Sculpt Reformer (8:15 - 9:05 a.m.)	
High / Low IT (8:30 - 9:20 a.m.)		High IT (8:30 - 9 a.m.)		Restorative Low IT (8:30 - 9 a.m.)	Power Tower (8:30 - 9:20 a.m.)	
Basic Reformer (9 - 9:30 a.m.)		Basic Reformer (9 - 9:30 a.m.)		Basic Chair (9 - 9:30 a.m.)	Basic Mat (9 - 9:50 a.m.)	Basic Reformer (9 - 9:30 a.m.)
Power Tower (9:30 - 10:20 a.m.)		Sculpt Reformer (9:30 - 10:20 a.m.)		Power Tower (9:30 - 10:20 a.m.)	Basic Reformer (9:30 - 10 a.m.)	Tower Cardio Circuit (9:30 - 10:20 a.m.)
					Basic Cardio Tramp (10 - 10:30 p.m.)	Core & Restore (9:30 - 10:20 a.m.)
					High / Low IT (10 - 10:50 a.m.)	Meditation (10:30 - 11 a.m.)
					Old School Step (10 - 10:30 a.m.)	
Basic Chair (12 - 12:30 p.m.)	Basic Reformer (12 - 12:30 p.m.)	Basic Chair (12 - 12:30 p.m.)	Basic Reformer (12 - 12:30 p.m.)	Sculpt Reformer (12 - 12:50 p.m.)	Arms, Abs & Ball (10:30 - 11:20 a.m.)	
High IT (12:30 - 1 p.m.)	Basic Cardio Tramp (12:30 - 1 p.m.)	Restorative Reformer (12:30 - 1 p.m.)	Basic Cardio Tramp (12:30 - 1 p.m.)		Free IT Demo First Sat of Month (11 a.m. - 12 p.m.)	
				<p>Please sign up today for your:</p> <p>(4) Inversion Therapy Private Sessions after a minimum of (4) private sessions you can participate in all of the IT classes (shown in orange)</p> <p>&</p> <p>2018 Monthly Fitness Assessments (3rd Sat of Every Month) Important!! Get an assessment to set your goals and measure your progress!</p> <div> <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> </div> </div> <p>MAT / BASIC PACKAGE</p> <p>ALL STUDIO PACKAGE (ALL CLASSES!)</p> <p>MINIMUM OF 8 MAT / BASIC REQUIRED TO PARTICIPATE</p>		
	Sculpt Reformer (4:30 - 5:20 p.m.)		Sculpt Reformer (4:30 - 5:20 p.m.)			
Basic Mat (5:30 - 6:20 p.m.)	Arms, Abs & Ball (5:30 - 6 p.m.)	Basic Reformer (5:30 - 6 p.m.)	Basic Chair (5:30 - 6 p.m.)			
Power Tower (6 - 6:50 p.m.)	Basic Reformer (6 - 6:30 p.m.)	Basic Cardio Tramp (6 - 6:30 p.m.)	Basic Mat (6 - 6:50 p.m.)			
Basic Reformer (6 - 6:30 p.m.)	Tower Cardio Circuit (6 - 6:50 p.m.)	Core & Restore (6 - 6:50 p.m.)	Restorative Low IT (6 - 6:50 p.m.)			
High IT (6:30 - 7 p.m.)						

Which PILATES 1901 class is RIGHT for YOU? Just ask US!

GETTING STARTED* MAT/BASIC

**Get started with these (30 & 50 min) classes. All levels welcome.*

Basic Mat (50 min)

Learn and practice the 5 Basic Principles. Isolate and strengthen the muscles of your entire body by using balls, bands, foam rollers and magic circles to help you create a lean, long and strong body.

Basic Reformer (30 min)

You will discover proper technique using the 5 Basic Principles on the Reformer. Develop core stability, strength control. Also prepares you for our 50 min Equipment classes.

Basic Chair (30 min)

Step up your workout on this unique Pilates machine where the 5 Basic Principles meet spring resistance to give you a full body workout.

Basic Cardio Tramp (30 min)

You will learn proper jumping technique on the Tramp Rebounder during this thrilling Reformer class that increases your heart rate, challenges your core and strengthens your lower body.

Meditation (30 min)

Pause & breathe through a peaceful guided meditation to learn how to live mindfully open your heart and reduce stress.

PROGRESSION* MAT/BASIC

**As you start to feel comfortable with the Basic classes, progress to these.*

Restorative Reformer (30 min)

Feel energized and taller! You will stretch and strengthen using the Reformer to open your tight hips, low back and shoulders.

**Prior Reformer experience helpful*

Arms, Abs & Ball Mat (30 & 50 min)

An upper body and core focused strength workout. Tone and sculpt your arms and shoulders, back and belly with targeted exercises using bands, body weight, big balls and dumb bells.

Old School Step (30 min)

The fun increases with your heart rate during this sweaty step aerobics workout. Turn steps, knee straddles and great music combine for a fast paced class.

**Tennis shoes are necessary.*

Core and Restore (50 min)

Prepare to relax in this mat class with movements designed to deepen your breath and core strength. Your flexibility, balance and mood will improve with each class.

INVERSION THERAPY* MAT/BASIC

**These IT classes require a min of (4) privates & instructor sign off to participate.*

Restorative Low IT* (30 & 50 min)

A fantastic way to stretch your tight hips and low back while you connect to your breath, mind and heart during a healing and therapeutic IT class in the low hammock.

High/Low IT* (50 min)

Increase your flexibility, spine health and mind-body connection in this extensive Inversion Therapy workout. Prepare to feel relaxed, strong and grounded from your time in both the high and low hammock.

High IT* (30 min)

Progress your Inversion Therapy skills in this intermediate/Advanced IT class designed to increase your strength, power and core connection.

**Ask your instructor if you are ready*

INTERMED/ADVANCED* EQUIPMENT/ALL STUDIO

**These (50 min) classes require a min of (8) Mat/Basic or (6) privates to participate.*

Power Tower (50 min)

Take your practice to new heights! The Tower offers more variety of movements with springs attached to the vertical frame. Develop mindful mastery of the 5 Basic Principles and enhance your full body conditioning.

Sculpt Reformer (50 min)

A fun and invigorating class designed for anyone who enjoys a challenge! Creative combinations with a focus on proper Pilates alignment help boost your overall movement efficiency, mobility and strength.

Tower Cardio Circuit * (50 min)

A fast-paced interval workout that combines the Tower, Reformer, Jump Board, Chair and much more! Be ready to be challenged and energized with this combo of cardio and strength work.

**\$179
/mo**

BEST VALUE

Express All Studio Unlimited Plan
only \$179 / month (with a 6 month contract)