

WHICH PILATES 1901 CLASS IS RIGHT FOR YOU?

GETTING STARTED MAT/BASIC

PROGRESSION MAT/BASIC

INVERSION THERAPY MAT/BASIC

ALL STUDIO ADVANCED EQUIPMENT

Basic Mat (30 min; All levels)
Take the 5 Basic Principles to the Mat! Using props such as bands, foam rollers & stability balls, this class will isolate & strengthen all the muscles in your body giving you the long, lean sculpted look that only Pilates can.

Basic Reformer (30 min; All levels)
An informative class that educates beginners on the reformer machine. Learn proper technique with the 5 Basic Principles as you develop core stability, strength, control, & overall body conditioning. Prepares you for our Sculpt Reformer, Pilates Circuit & Power Tower classes. You will leave feeling refreshed & ready to take on the day!

Basic Chair (30 min; All levels)
Step up your regular Pilates workout on this unique Pilates machine. A beginner class but all levels will benefit. This class applies the 5 Basic Principles & spring resistance to deliver a full body workout - you will feel stronger, toned, & energized when you are done.

Basic Tramp (30 min; All levels; prior reformer experience helpful)
Are you looking for a class that gets you jumping, challenges your core & increases your heart rate? This is the right class. A reformer workout that teaches you how connect to your core as you jump off the tramp. Fun & thrilling!

Restorative Reformer (30 min; All levels; prior reformer experience helpful)
Feel energized & taller! This class blends stretching & strengthening moves on the reformer to open your tight hips, back & shoulders.

Arms & Abs Mat (30 min & 50 min; All levels)
Are you ready to Spring into Summer & short sleeves? You will feel stronger, get shapely arms & a toned mid-section with this efficient workout. Props include dumb bells, bands, balls & the resistance of your bodyweight.

Core & Restore (50 min; All levels)
Prepare to RELAX in this dreamy Mat-based class. Through attention to your breath, you will enhance your body awareness, flexibility, & core strength. Balance & mood improves with each class!

Meditation (30 min; All levels)
A perfect finish to Core & Restore. Take some quiet time to pause & breathe with Suba Nadarajah as she leads a peaceful, guided Meditation. Learn techniques on living a mindful life, relaxing your mind, and opening your heart.

** A minimum of 4 (30 Min) private IT orientation sessions/ instructor sign off is required for class participation*

Restorative IT * (30 & 50 min)
Make room in your body & mind for a whole new work "in" experience. The low hammock takes IT to a whole new therapeutic level connecting the mind, breath, & heart for a unique healing experience. Perfect for people with low back & hip pain or those who feel more comfortable in low hammock.

High / Low IT * (50 min)
Increase your flexibility, spine health, mind-body connection & capacity for play in our High / Low Inversion Therapy classes. Prepare to feel open, relaxed, strong & grounded from your time in the hammock. This workout isn't just fun - it's truly profound.

Fit & Flips IT * (30 min)
Progress your Inversion Therapy skills in this advanced class designed to increase strength, power, coordination & core connection. Please ask your instructor before attending if this endorphin releasing workout is recommended for you.

**These require 8 Mat/Basic or 6 private sessions to participate*

Sculpt Reformer * (50 min)
Designed for those who love a challenge, this class is the perfect way to sculpt, define & strengthen. Exciting combinations boost all over strength while focusing on your Pilates technique. A creative & invigorating class that incorporates different props to keep you engaged!

Power Tower * (50 min)
Take your Pilates practice to new heights. The Tower machine offers more variations, movements & possibilities with springs attached to a vertical frame. Develop mindful mastery of the 5 Basic Principles & expand your own goals.

Pilates Circuit * (50 min)
A one of a kind interval class that combines everything 1901 has to offer, the tower, reformer, mat work, tramp, kettle bells & more. Prepare to get your heart pumping, be challenged & never bored in this high energy workout.

\$179/mo

Best Value! Access to Any & All Classes

Express All Studio Unlimited Plan

\$179 / month (with 6 month contract)