

Winter 2019

CLASS SCHEDULE



pilates 1901

Reminder!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Basic Mat</i> (6 - 6:50 a.m.)	<i>Power Tower</i> (6 - 6:50 a.m.)	<i>High / Low IT</i> (6 - 6:50 a.m.)	<i>Sculpt Reformer</i> (6 - 6:50 a.m.)	<i>Basic Cardio Tramp</i> (6 - 6:30 a.m.)		
				<i>Restorative Reformer</i> (6:30 - 7 a.m.)		
					<i>Sculpt Reformer</i> (8:15 - 9:05 a.m.)	
<i>High / Low IT</i> (8:30 - 9:20 a.m.)		<i>High IT</i> (8:30 - 9 a.m.)		<i>Restorative Low IT</i> (8:30 - 9:20 a.m.)	<i>Power Tower</i> (8:30 - 9:20 a.m.)	
<i>Basic Reformer</i> (9 - 9:30 a.m.)		<i>Basic Reformer</i> (9 - 9:30 a.m.)		<i>Basic Tower</i> (9 - 9:30 a.m.)	<i>Basic Mat</i> (9 - 9:50 a.m.)	<i>Basic Reformer</i> (9 - 9:30 a.m.)
<i>Power Tower</i> (9:30 - 10:20 a.m.)		<i>Sculpt Reformer</i> (9:30 - 10:20 a.m.)		<i>Power Tower</i> (9:30 - 10:20 a.m.)	<i>Basic Reformer</i> (9:30 - 10 a.m.)	<i>Tower Jump Combo</i> (9:30 - 10:20 a.m.)
					<i>Basic Tower</i> (9:30 - 10 a.m.)	<i>Core & Restore</i> (9:30 - 10:20 a.m.)
					<i>Basic Cardio Tramp</i> (10 - 10:30 a.m.)	<i>Meditation</i> (10:30 - 11 a.m.)
					<i>High / Low IT</i> (10 - 10:50 a.m.)	
					<i>Old School Step</i> (10 - 10:30 a.m.)	
<i>Basic Chair</i> (12 - 12:30 p.m.)	<i>Basic Reformer</i> (12 - 12:30 p.m.)	<i>Basic Chair</i> (12 - 12:30 p.m.)	<i>Basic Reformer</i> (12 - 12:30 p.m.)	<i>Sculpt Reformer</i> (12 - 12:50 p.m.)	<i>Arms, Abs & Ball</i> (10:30 - 11:20 a.m.)	
<i>Low IT</i> (12:30 - 1 p.m.)	<i>Basic Cardio Tramp</i> (12:30 - 1 p.m.)	<i>Restorative Reformer</i> (12:30 - 1 p.m.)	<i>Basic Cardio Tramp</i> (12:30 - 1 p.m.)		<i>Free IT Demo</i> <i>First Sat of Month</i> (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>2019 Monthly Fitness Assessments (3rd Sat of Every Month) Important! Get an assessment to set your goals and measure your progress!</p>	
	<i>Sculpt Reformer</i> (5 - 5:50 p.m.)		<i>Sculpt Reformer</i> (5 - 5:50 p.m.)			
<i>Basic Mat</i> (5:30 - 6:20 p.m.)	<i>Arms, Abs & Ball</i> (5:30 - 6 p.m.)	<i>Basic Reformer</i> (5:30 - 6 p.m.)	<i>Basic Chair</i> (5:30 - 6 p.m.)			
<i>Basic Reformer</i> (6 - 6:30 p.m.)	<i>Basic Reformer</i> (6 - 6:30 p.m.)	<i>Basic Cardio Tramp</i> (6 - 6:30 p.m.)	<i>Basic Mat</i> (6 - 6:50 p.m.)			
<i>Power Tower</i> (6 - 6:50 p.m.)	<i>Basic Tower</i> (6 - 6:30 p.m.)	<i>Yamuna Body Rolling</i> (6 - 6:50 p.m.)	<i>Restorative Low IT</i> (6 - 6:50 p.m.)			
		<i>Tower Jump Combo</i> (6 - 6:50 p.m.)				

- MAT / BASIC PACKAGE
- ALL STUDIO PACKAGE (ALL CLASSES!)
- MINIMUM OF 8 MAT / BASIC REQUIRED TO PARTICIPATE

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 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 Mat (50 min)

Practice the 5 Basic Principles. Isolate & strengthen all of your muscles by using balls, bands, circles & foam rollers to create a lean, long & strong body.

Basic Reformer (30 min)

You will discover proper technique using the 5 Basic Principles on the Reformer. Develop core stability, strength & control.

Basic Tower (30 min)

Learn & experience the versatility of the Tower. The bars & springs will improve stability, strength & body awareness. *Take before Power Tower.

Meditation (30 min)

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

Basic Cardio Tramp (30 min)

You will learn proper jumping technique that increases your heart rate, challenges your core & strengthens your lower body.

PROGRESSION* MAT/BASIC

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

Restorative Reformer (30 min)

Feel energized & taller by stretching & strengthening on the Reformer to open your tight hips, low back & shoulders.

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

An upper body & core strength workout. Tone & sculpt your arms & shoulders, back & belly with targeted exercises using bands, body weight, big balls & 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 required.

Core and Restore (50 min)

Relax with movements designed to deepen your breath & core strength. Your flexibility, balance & mood will improve with each class.

Yamuna Body Rolling (YBR) (50 min)

The YBR routines will help you increase flexibility, stimulate your nervous system, elongate your muscles & improve your overall bone alignment.

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 & low back while you connect to your breath, mind & heart during a healing & therapeutic IT class in the low hammock.

High/Low IT* (50 min)

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

High IT* (30 min)

Progress your Inversion Therapy skills in this intermediate/Advanced IT class designed to increase your strength, power & 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 & enhance your full body conditioning.

Sculpt Reformer * (50 min)

A fun & 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 & strength.

Tower Jump Combo * (50 min)

Designed for those that love to move! Do bursts of jumping on the padded board then alternate with toning exercises on the Tower. Expect to have more cardio endurance, core activation & muscle tone.

\$179
/mo

BEST VALUE

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