

# GETTING STARTED

New Clients Only (30 day expiration)



## SMALL GROUP TRAINING SCHEDULE

**Intro to Small Group Training**  
5 Group Training Sessions just \$50

**Intro to Private Training**  
6 (50) minute Sessions just \$259

**Intro to Inversion Therapy**  
4 (30) minute Sessions just \$99

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Basic Reformer + Tramp (6:00 - 6:50 a.m.)	Power Tower (6:00 - 6:50 a.m.)	High/Low IT (6:00 - 6:50 a.m.)	Sculpt Reformer (6:00 - 6:50 a.m.)	Basic Reformer + Tramp (6:00 - 6:50 a.m.)		
High/Low IT (8:30 - 9:20 a.m.)		High/Low IT (8:30 - 9:20 a.m.)		Restorative Low IT (8:30 - 9:20 a.m.)	Power Tower (8:00 - 8:50 a.m.)	Basic Tower (8:30 - 9:00 a.m.)
Power Tower (9:30 - 10:20 a.m.)	Basic Reformer (9:00 - 9:30 a.m.)	Sculpt Reformer (9:30 - 10:20 a.m.)	Basic Tower (9:00 - 9:30 a.m.)	Power Tower (9:30 - 10:20 a.m.)	Basic Mat (9:00 - 9:50 a.m.)	Tower Jump Combo (9:00 - 9:50 a.m.)
					Basic Reformer (10:00 - 10:30 a.m.)	Basic Reformer (10:00 - 10:30 a.m.)
Basic Chair + Restore (12:00 - 12:50 p.m.)	Basic Reformer + Tramp (12:00 - 12:50 p.m.)	Basic Chair + Restore (12:00 - 12:50 p.m.)	Basic Reformer + Tramp (12:00 - 12:50 p.m.)	Sculpt Reformer (12:00 - 12:50 p.m.)	Arms, Abs & Ball (10:30 - 11:20 a.m.)	Core & Restore (10:30 - 11:20 a.m.)
					High/Low IT (11:30 - 12:20 p.m.)	
	Sculpt Reformer (4:30 - 5:20 p.m.)					
Basic Reformer (5:00 - 5:30 p.m.)		Basic Tower (5:00 - 5:30 p.m.)	Basic Reformer (5:00 - 5:30 p.m.)			
Basic Mat (5:30 - 6:20 p.m.)	Arms, Abs & Ball (5:30 - 6:00 p.m.)	Basic Reformer (5:30 - 6:00 p.m.)	Basic Chair (5:30 - 6:00 p.m.)			
	Basic Tower (6:00 - 6:30 p.m.)	Tower Jump Combo (6:00 - 6:50 p.m.)	Restorative Low IT (6:00 - 6:50 p.m.)			
Power Tower (6:30 - 7:20 p.m.)	Basic Reformer (6:30 - 7:00 p.m.)					
		Low IT & Yamuna (7:00 - 7:50 p.m.)				

**DON'T FORGET!**

You can schedule training right from your phone through the MindBody App.

PILATES EQUIPMENT WORKOUTS
  MAT-BASED WORKOUTS
  INVERSION THERAPY WORKOUTS

# WHICH PILATES 1901 SMALL GROUP TRAINING IS RIGHT FOR YOU?

If you are new to Pilates, we ask that you take any 4 of our BASIC sessions before you take Sculpt Reformer, Power Tower or Tower Jump Combo.

## PILATES EQUIPMENT WORKOUTS

### Basic Reformer (30 min)

Discover proper technique on this popular Pilates machine. Enhance full body strength & alignment. You will love the Reformer!

### Basic Chair (30 min)

Step up your workout on this unique Pilates machine. Gain core strength & stability with spring resistance & the 5 Basic Principles.

### Basic Tower (30 min)

Experience the versatility of the Tower machine. A complete body workout using springs on a vertical frame.

### Basic Reformer + Tramp (50 min)

NEW! Develop core stability & cardio endurance. This workout begins with 30 min of strength moves on the Reformer, followed by 20 min on the Cardio Tramp rebounder.

### Basic Chair + Restore (50 min)

NEW! This 50 min workout adds variety & challenge with a unique piece of Pilates Equipment. Complete your session with deep restorative stretches for your hips, back & shoulders on the Reformer.

### Power Tower (50 min)

Take your practice to new heights! The Tower offers more variety of movements with springs attached to the vertical frame. Enhances full body conditioning.

### Sculpt Reformer (50 min)

A fun & invigorating workout perfect for anyone who enjoys a challenge! Creative combinations with a focus on technique help boost mobility & strength.

### Tower Jump Combo (50 min)

Designed for those who love to move! Bursts of jumping on the padded board alternating with strength exercises on the Pilates Tower help to increase endurance & muscle tone!

## MAT-BASED WORKOUTS

### Basic Mat (50 min)

Isolate & strengthen your muscles using the 5 Basic Principles & small props. Balls, bands, circles help create a lean, long & strong body.

### Core & Restore (50 min)

Relax with movements designed to deepen your breath & core strength. Flexibility, balance & mood will improve!

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

An upper body & core focused workout. Sculpt your arms, shoulders & abs with targeted moves using bands, bodyweight & dumb bells.

## INVERSION THERAPY WORKOUTS

### Restorative Low (50 min)

A fantastic way to stretch your tight hips & low back while connecting to your breath, mind & heart. Therapeutic & healing, all performed in the low hammock.

### High/Low IT (50 min)

Increase your flexibility, spine health & mind body connection in this Inversion Therapy session. Prepare to feel happy, relaxed, & grounded! 4 (30) min private IT sessions required for participation.

### Low IT & Yamuna (50 min)

NEW! A combo of Yamuna Body Rolling & Low hammock that will increase flexibility, stimulate your nervous system, & elongate muscles.

## \* ONE MONTH FLEX PASSES

- Single Session \$25
- Five Sessions \$100 (\$20 per session)
- 10 Sessions \$150 (\$15 per session)
- 15 Sessions \$199 (\$13 per session)

*\*Expires in one month - use them or lose them!*

## \* BEST VALUE! SIX MONTH FLEX PASS

- 120 Sessions (\$12.45 per session)  
\$259 per month for 6 months

*\*Save money. Schedule your favorite workouts up to 6 months in advance.*