



pilates
1901



WINTER SMALL GROUP SCHEDULE

MONDAY

8:30 AM AERIAL HIGH + LOW
9:30 AM POWER TOWER
5:00 PM CARDIO REFORMER
6:00 PM POWER TOWER



TUESDAY

9:30 AM AERIAL LOW FLOW
12:00 PM ESSENTIAL REFORMER/TOWER
4:30 PM SCULPT REFORMER
5:30 PM STRETCH REFORMER

WEDNESDAY

6:00 AM SCULPT REFORMER
8:30 AM SCULPT REFORMER
9:30 AM POWER TOWER
12:00 PM CARDIO REFORMER
5:30 PM BASIC REFORMER/TOWER
6:00 PM CARDIO REFORMER



THURSDAY

9:30 AM CHAIR + MAT
12:00 PM SCULPT REFORMER
4:30 PM SCULPT REFORMER
5:30 PM AERIAL LOW FLOW



FRIDAY

8:30 AM AERIAL LOW FLOW
9:30 AM EQUIPMENT INTERVAL
12:00 PM SCULPT REFORMER



SATURDAY

8:00 AM POWER TOWER
9:00 AM BASIC MAT
10:00 AM REFORMER BURST
10:35 AM PILATES BALL

SUNDAY

9:00 AM POWER CIRCUIT
10:00 AM ESSENTIAL REFORMER/TOWER
11:00 AM STRETCH MAT



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INTRODUCTORY OFFERS

(4) SMALL GROUP SESSIONS \$40

(2) AERIAL PRIVATE SESSIONS \$99

(5) PRIVATE TRAINING SESSIONS \$259
(by availability)





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SMALL GROUP WORKOUT DESCRIPTIONS



BASIC MAT

This class focuses on the five basic principles of Pilates to help you learn or perfect your Pilates practice. Varied props used in this foundational workout. All levels - 50 minutes

STRETCH MAT

Enjoy this restorative Pilates-based stretch workout designed to lengthen, strengthen, and open the body using a variety of supportive props.

All levels - 50 minutes.



PILATES BALL

A challenging yet FUN core and strength training class that utilizes the stability ball in all sorts of ways to lengthen and strengthen your entire body. Uses bands & small weights.

All levels, 50 minutes

BASIC REFORMER/TOWER

Ideal for those new to Pilates, this foundational workout highlights the five basic principles on the reformer and tower. All levels. 30 minutes.



ESSENTIAL REFORMER/TOWER

Perfect for new clients and those wanting to perfect their form and technique, this essential equipment class may be offered on the reformer or tower. All levels. 50 minutes.

STRETCH REFORMER

Improve your mobility and connection in this reformer session designed to release tight hips, back, and shoulders. All levels - 50 minutes.

SCULPT REFORMER

Ideal for Pilates lovers who enjoy a hard equipment workout. This high-intensity session engages all muscle groups while challenging core stability, balance, and form. Experience required. 50 minutes.

CHAIR + MAT

This challenging workout combines floor and chair exercises to create deep abdominal strength and stability. Experience required. 50 minutes.

AERIAL HIGH + LOW

Increase flexibility, spine health, strength, and mind body connection in this high low workout in the aerial hammock. Fun and challenging!

(2) private Aerial sessions required - 50 minutes

AERIAL LOW FLOW

Release tight hips, low back, neck and shoulders in this restorative Pilates based aerial workout. Since the hammock is only a few inches off the ground, it's perfect for all levels. 50 minutes.



REFORMER BURST

Hit all the major muscle groups in this short but high-intensity reformer workout. You'll be glad this challenging take-no-prisoners workout is just 30 minutes. Experience required.

POWER TOWER

Take your practice to new heights with this intense workout using the reformer and vertical Pilates tower. Experience required. 50 minutes.

POWER CIRCUIT

This non-stop equipment circuit workout challenges overall strength and cardiovascular endurance using the reformer, tower, jumpboards, chair, and mat. Experience required. 50 minutes.



EQUIPMENT INTERVAL

Strengthen your entire body with this high-intensity, athletic-style workout that is never the same! Creative sequences on the reformer, tower, and chair, keep your body guessing and getting the variety it needs to progress your fitness level. Experience required. 50 minutes.