



Effective January 17, 2011



"Because we don't just change bodies..."

We change lives."

1901 west 43rd avenue
Kansas city , ks 66103

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00—6:50 am Reformer Challenge Cara	6:00—6:50 am Reformer Challenge Shannon	6:00—6:50 am Mat Challenge Cara	6:00—6:50 am Reformer Challenge Corbie	6:00—6:50 am CARDIO TRAMP Shannon	8:00—8:50am Pilates Circuit Shannon	
6:00— 6:50am Mat Challenge Shannon					8:15—9:05 am Reformer Challenge Lisa	
8:30—9:20 am Reformer Challenge Corbie	8:30am—9:20am Pilates Ball Corbie	8:30—9:20 am Reformer Challenge Shannon		9:00-9:30 am CARDIO TRAMP Shannon	9:00—9:50 am Mat Essentials Tina	9:00—10:00 am Mat Challenge Scott
9:30—10:20 am Reformer Challenge Tina	9:30 –10am CARDIO TRAMP Miriam	9:30—10:20 am Reformer Challenge Tina	9:30 –10:00am H I T STEP Lisa/ Tina		9:30—10:20 am Reformer Essentials Shannon	10:00—10:50pm Pilates Circuit Miriam
Small Group Class Schedule					10:00– 10:30 am H I T Dance Kim / Miriam	
 We also offer special small group workshops called PILATES BY DESIGN. This can be created especially for your own small group! We take your specific goals and create a program designed to meet and exceed your goals!					1030—11:30 am Pilates Ball Lisa	
					1030—11:00 am CARDIO TRAMP Shannon	
5:00– 5:50 pm Reformer Essentials Lisa	5:00– 5:50 pm Reformer Challenge Rob	5:00– 5:50 pm Reformer Essentials Rob			12:00—12:50pm Pilates Circuit Lisa	
	5:30—6:00pm H I T STEP Lisa		5:30—6:00pm H I T CARDIO CIRCUIT Corbie			
6:00—6:50 pm Reformer Challenge Lisa	6:00—6:50 pm Reformer Essentials Lisa	6:00—6:50 pm Reformer Challenge Shannon	6:00—6:50 pm Reformer Challenge Corbie			
6:30 -7:20 pm Pilates Ball Rotates	6:30—6:50 pm Pilates Circuit Miriam	6:00 –6:30 pm CARDIO TRAMP Kim				
7:00 -7:30 pm CARDIO TRAMP Rob		6:30—7:20 pm Mat Essentials Kim				
						
Register online www.pilates1901.com 913 499 7510						

PILATES 1901 SMALL GROUP TRAINING CLASSES

MAT AND CARDIO CLASSES

- **Pilates Mat Essentials** - Enjoy an hour of essential matwork, stability, balance and stretching postures to lengthen, define and align. All levels welcome. 50 minutes.
- **Pilates Mat Challenge** - Traditional Pilates mat exercises using small apparatus for assistance and resistance– the perfect intermediate full body workout. Mat Essentials suggested before taking this class. 50 minutes.
- **Pilates Ball** - This pilates based class incorporates challenging stability ball modifications to improve core strength, balance and endurance. Mat Essentials suggested before taking this class. 50 minutes.
- **Cardio Tramp**- This 29 minute cardio workout is the perfect compliment to any mat or reformer workout. You will sweat so be ready! A min 3 private pilates sessions is required for participation.
- **Cardio Dance**- Come and learn the newest dance moves while having the most fun you ever had in a fat burning class. All levels welcome. 29 minutes.
- **Hi Intensity Cardio Circuit**- This isn't your old school hi/lo class but a floor cardio class that focuses on Pilates principles and cutting edge plyometric movements that will cause the fat to melt like ice on a hot stove. All levels welcome. 29 minutes.
- **Hi Intensity Step**-Step classes are back at Pilates 1901. Basic right and basic left with a Hi Intensity twist for maximum fat burning results. All levels welcome. 29 minutes.

GROUP EQUIPMENT CLASSES

- **Reformer Essentials** - This entry level Pilates equipment class provides new students a solid foundation of correct technique and essential mat and reformer exercises. Great for beginners and continuing students who want a basic reformer workout. A minimum of 6 private reformer sessions required for participation. 50 minutes.
- **Reformer Challenge** - This intermediate to advanced group reformer class challenges continuing students in a total body workout on Pilates most popular and versatile piece of equipment. Students never get bored in this seamless total body workout using a variety of positions and props. A minimum of 10 private and /or 10 Reformer Essentialclasses required for participation. 50 minutes
- **Pilates Circuit**- This fitness based pilates circuit workout is never exactly the same. Instructors create a unique and effective circuit combining the reformer, jumpboard, chair and resistance props for a high intensity pilates interval workout. A minimum of 6 private sessions are required for participation in this class and you MUST ARRIVE 10 minutes early to your first session to participate. 50 minutes.



GETTING STARTED! As a **NEW STUDENT** we want to assure you have the **proper foundation** to get the most out of your Pilates practice. That's why we're making you a **VERY SPECIAL OFFER!** **That's why you can get your first 6 sessions for just \$259!** Call 913 499 7510 to schedule your **INTRO TO PILATES** sessions today!



- **Are you tired of putting in endless hours of mind numbing cardio?**
- **Getting frustrated by working out harder and harder for less and less results?**
- **Are you searching for a workout that supports your body rather than tearing it down?**

We'll look no further.

You've just discovered the why people all over Kansas City are making the switch to Pilates1901!



www.pilates1901.com