






PILATES 1901 GROUP CLASS SCHEDULE

Let us help you get into the best shape of your life!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
600 - 650 am CHAIR & BARRELS Cara	600 - 650 am PILATES TOWER Tina	600 - 650 am CHAIR & BARRELS Rachael	600 - 650 am REF CHALLENGE Miriam	600 - 650 am PILATES TOWER Rachael			
	600 - 630 am TRAMP Morgan	600 - 650 am MAT CHALLENGE Kim	600 - 630 am TRAMP Morgan				
<p>Which class is right for me? Please read the class descriptions on the back of this schedule or ask us! We love questions!</p> <p>Schedule your classes from your phone too! Upload the mind body app on your phone to make scheduling your classes simple and convenient!</p>							
					815—905 am REFORMER CHALLENGE Lisa		
830 -900 am REFORMER ON RAMP Kim		830 -900 am REFORMER ON RAMP Lisa Uhl			830 - 920 am PILATES TOWER Miriam		
	900 - 930 am TRAMP Miriam		900 - 930 am CARDIO SCULPT Lisa	900 - 930am TRAMP Miriam	900 - 950 am MAT ESSENTIALS Tina	900 - 950 am BARRE BURN + Amanda	
930 -1020 am PILATES TOWER Rachael	930 -1020 am PILATES BALL Kim	930 -1020 am PILATES TOWER Kim		930 -1020 am REFORMER CHALLENGE Cara	900 -930 am CHAIR ON RAMP Kim	1000 - 1030 am STRETCH & CENTER Amanda	
					930 -1000 am REFORMER ON RAMP Chloe	1000 - 1030 am REFORMER ON RAMP Kim	
1200 -1230 pm CHAIR ON RAMP Megan	1200 -1230 pm REFORMER ON RAMP Cara	1200 -1230 pm CHAIR ON RAMP Cara	1200 -1230 pm REFORMER ON RAMP Amanda		1030 -1120 am PILATES BALL Lisa	1030-1100 am TRAMP Kim	
1230 - 100 pm ON TARGET: ARMS & ABS Lisa	1230-100 pm TRAMP Cara	1230 - 100 pm CARDIO KETTLEBELLS Cara				1030- 1120 am ZUMBA® Morgan M	
<p>This schedule begins Monday, May 5th, 2014</p>							
		530 - 600 pm REFORMER ON RAMP Megan					
530 - 600 pm CARDIO KETTLEBELLS Cara	530 - 600 pm ON TARGET: ARMS & ABS Lisa	530 - 620 pm BARRE BURN + Amanda	530 - 600 pm TRAMP Marianne				
600- 650 pm PILATES FLOW Amanda	600-630 pm REFORMER ON RAMP Chloe	530—620 pm PILATES CIRCUIT Lisa/Kim	530 - 620 pm REFORMER ESSENTIALS Megan			 	
600 - 650 pm PILATES TOWER Lisa	600 - 650 pm ZUMBA® Miriam	600 -630 pm TRAMP Chloe	600 - 650 pm MAT CHALLENGE Miriam				
630-720 pm PILATES BALL Sara	630 -700 pm CHAIR ON RAMP Chloe	630 - 720 pm MAT ESSENTIALS Kim			www.facebook.com/pilates1901		

-  Mat Essentials, Mat Challenge, Pilates Ball, Barre Burn, Barre Burn +, Stretch & Center, Cardio Sculpt, Reformer and Chair ON RAMP, ON Target, Arms & Abs and ZUMBA classes. No previous experience required, but please read the descriptions.
-  Tramp classes require a minimum of 8 Pilates ON RAMP classes or 6 Private Pilates Training Sessions before participation. This class is intense and not for beginners. This is not included on Groupon or Passport programs due to intensity.
-  Reformer Essentials, Reformer Challenge, Pilates Tower, Pilates Circuit and Chair & Barrel workouts. These equipment based classes require a minimum of 8 Reformer ON RAMP and Chair ON RAMP classes or 6 Private Pilates Training sessions before participation.

PILATES 1901 SMALL GROUP CLASSES



MAT AND CARDIO CLASSES (Included in your Mat/Cardio or Combo Package)

Pilates Mat Essentials- You will enjoy learning essential matwork, as you increase your stability, balance and flexibility with postures To lengthen, define and align. 50 minutes. [All levels welcome.](#)

Mat Challenge- This mat class will tone, lengthen and strengthen your entire body in record time. A variety of small props and equipment makes getting bored in this workout impossible! 50 minutes. [Previous mat experience suggested but not required.](#)

Pilates Ball- This Pilates based class incorporates challenging stability ball modifications to improve core strength, balance and endurance. 50 minutes. [Mat Essentials suggested before taking this class but not required.](#)

Barre Burn +- A fun & fluid class that is inspired by ballet conditioning and pilates. The standing exercises are all based on familiar ballet patterns like plies, arabesques, leg lifts & relives! All designed to build lean legs, buns, and lower abdominals, and no dancing! 50 minutes. [All levels welcome.](#)

Stretch & Center- RELAX!! This new class is designed to lengthen your muscles, increase flexibility & open your joints! Stretching is not only good for you, it just feels GOOD!! Deep, athletic style stretches in various positions & angles reduce tension. We'll throw in a Pilates core segment, just because we can't help ourselves! 29 minutes. [All levels welcome.](#)

Cardio Sculpt- Unhappy with your hips, waist and arms? This 30 minute full body burner takes multitasking to the extreme-cardio step intervals & strength moves are weaved together to create a long, lean look. [All levels welcome.](#)



Cardio Kettlebell- Kettlebells are one of the most efficient means of burning fat, toning muscle and getting your Cardio all in one simple workout. Learn how to use Kettlebells with your Pilates principles. 29 fat burning minutes. [All levels welcome.](#)



ON Target: Arms & Abs- We're targeting your trouble spots with our newest offering for your arms and abs in this 29 minute target training workout. Prepare to feel (and see) the results! [All levels welcome.](#)



Pilates ON RAMP- This [Introduction to Reformer training](#) class is for those just getting started on Pilates equipment training. Learn everything you need to know to progress to other workouts or continue in this essential class. 29 minutes.

Chair ON RAMP- This [Introduction to Chair training](#) class is performed on one of the most versatile pieces of equipment in the Pilates repertoire, the Chair. Add this class to take your Pilates training to the next level. Fun and challenging. 29 minutes.

ZUMBA®- Are you ready to party yourself into shape? That's exactly what the ZUMBA® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. [All levels welcome! Tennis shoes required and best to bring a towel and water too!](#)



PILATES FLOW—Its an innovative fusion of various mindful movement styles-Pilates, yoga, dance, Tai Chi, and balance training! Feel your body & mind move in tandem, as you build stamina, strengthen deep abdominal muscles, stimulate muscular strength & awareness. All levels welcome. 50 minutes.



CARDIO TRAMP CLASSES (Included in your Mat/Cardio or Combo Package)

Tramp- This 29 minute cardio equipment workout is the perfect compliment to any other class on the schedule. You'll sweat, so be ready. [Although this equipment class is included in your Mat/Cardio membership, a minimum of 6 private reformer sessions or 8 Pilates ON RAMP classes are required for participation.](#)



GROUP EQUIPMENT CLASSES (Included in your Equipment or Combo Package)

Reformer Essentials- This Pilates equipment class provides 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. 50 minutes. [A minimum of 6 private reformer sessions or 8 Pilates ON RAMP classes is required for participation.](#)

Pilates Tower Workout- Part reformer, part Cadillac— ALL Challenging- this workout, performed on the Tower, is suitable for clients of all levels. You'll use the springs on the vertical frame of the V2 Max machine to provide you a multi-dimensional, innovative and creative total body workout. [A minimum of 6 private sessions or 8 Pilates ON RAMP classes are 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. 50 minutes. [A minimum of 10 private and/or 10 Reformer Essentials classes required. Advanced clients only.](#)

Pilates Circuit- This workout is the best Pilates cross-training workout ever! Combining exercises for the reformer, tower, chair and tramp, this ever changing workout will give your body the boost it needs to let go of fat and define your muscles. 50 minutes. [Experienced clients preferred.](#)

Chair and Barrels- This workout will not disappoint! We're using 2 pieces of equipment- chair and barrels, for a unique class! Challenging & fun, it will take you out of your comfort zone and you will love it! 50 minutes. [Experienced clients only.](#)

Manage your class schedule online or by phone. Upload the mind body app via your app store!