

Fall 2020 Schedule Small Group Trainings



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|---|--|--|
| <p><i>Reminder: Sundays are a terrific day to center your mind & set your goals. Schedule your small group training classes, plan & even prepare your healthy meals for the coming week.</i></p> <p><i>It is always good to change it up...challenge yourself by trying a new format & a new instructor!</i></p> | | | | | | |
| Aerial High + Low * (8:30 - 9:20 a.m.) |  | Sculpt Reformer (8:30 - 9:20 a.m.) |  | Aerial Low Flow (8:30 - 9:20 a.m.) | Power Tower (8 - 8:50 a.m.) | |
| Power Tower (9:30 - 10:20 a.m.) | | Basic Reformer (9:30 - 10 a.m.) | | Equipment Interval (9:30 - 10:20 a.m.) | Basic Mat (9 - 9:50 a.m.) In Studio & Virtual | |
|  | |  | |  | Basic Tower (10 - 10:30 a.m.) | Balance + Core + Stretch (10 - 10:50 a.m.) In Studio & Virtual |
| | Cardio + Reformer (12 - 12:50 p.m.) | Chair + Mat (12 - 12:50 p.m.) | Power Tower (12 - 12:50 p.m.) | Sculpt Reformer (12 - 12:50 p.m.) | Basic Reformer (12- 12:30 p.m.) | |
| | Basic Reformer (5 - 5:30 p.m.) | Sculpt Reformer (4:30 - 5:20 p.m.) | Aerial Barre * (4:30 - 5:20 p.m.) | | |  |
| Basic Reformer (5 - 5:30 p.m.) | | | Chair + Mat (5 - 5:50 p.m.) | | | |
| Chair + Mat (5:30 - 6:20 p.m.) | Arms + Abs + Ball (5:30 - 6 p.m.) In Studio & Virtual | Basic Tower (5:30 - 6 p.m.) | | Cardio + Reformer (5:30 - 6:20 a.m.) | | |
| | Basic Reformer (6:05 - 6:35 p.m.) | Equipment Interval (6:05 - 6:55 p.m.) | Aerial Low + Yamuna (6:05 - 6:55 p.m.) | | | |
| Power Tower (6:30 - 7:20 p.m.) | | | | | | |

Get Started Today! Three Great Intro Offers:

1. Small Group Trainings ~ 5 for \$50
2. Aerial Private Training ~ (2) 50 min for \$99
* Aerial Barre & Aerial Hi + Low require (2) Private Sessions (there is no requirement for Aerial Low Flow & Aerial Low + Yamuna)
3. Private Training ~ (6) 50 min for \$259
* 1:1 for Aerial, Pilates or Yamuna

All Small Group Trainings are the same price!

= Pilates Mat-Based Workouts (in Studio & Virtual)

= Pilates Equipment Workouts

= Aerial Hammock & Yamuna Workouts

For further information & to purchase small group training classes or privates, please visit Pilates1901.com or call or text 913.375.2416
Waldo Address: 222 West Gregory Boulevard, Suite G-1, in the Arvest Bank Building. Parking Lot & Entrance are on the North Side of the Building.

Which PILATES 1901 Small Group Training Session is RIGHT for YOU?

Pilates Mat-Based Workouts

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

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

Balance + Core + Stretch (50 min)

A restorative style session for those looking to slow down! We use the foam roller and mini stability ball to not only focus on the core but we also take extra time to stretch tight areas like hips, low back & shoulders. Enhance your body's sense of its position in space, core stability & range of motion.

Basic Mat (50 min)

Learn and continue to practice the 5 Basic Principles, the foundation for any Pilates practice. A tougher challenge than you would think, the Pilates Mat sequence strengthens the whole body from the inside out. Small props help enhance body awareness & positioning.

Questions?

Please be sure to ask us as we would be happy to help you find the right small group trainings to help you reach your specific goals.

Pilates Equipment Workouts

**Please note: If you are new to Pilates, we ask that you please take any (4) "Basic" sessions before taking the (50 min) Pilates Equipment sessions.*

Basic Reformer (30 min)

This beginning level workout will build an understanding of the Reformer. Ideal for those new to Pilates, but challenging enough for experienced students wanting to refine their skills. The 5 Basic Principles on breath & alignment create a solid foundation.

Basic Tower (30 min)

This beginning level workout teaches students how to operate the Tower machine & experience its versatility. The system of springs & bars will improve strength, stability & body awareness.

Chair + Mat (50 min)

What do the Chair & Pilates Mat exercises have in common? Both are amazing for creating deep abdominal strength. Flowing from the Chair to the Mat, and sometimes both at once, this workout improves all-over stability & flexibility.

Cardio + Reformer* (50 min)

A combined cardio & strength workout that delivers great results by mixing intervals on the Jump board or Tramp with Reformer strength movements. Quick-paced and challenging, be ready to work up a sweat and have fun doing it!

Equipment Interval* (50 min)

Strengthen your entire body with this high-intensity, athletic-style workout. Creative sequences on the Reformer, Tower or Chair are repeated to help build muscular endurance and flexibility. Not for the faint of heart!

Power Tower* (50 min)

Take your practice to new heights! The Reformer/Tower offers more variety of movements with springs attached to a vertical frame. Develop mindful mastery of the 5 Basic Principles & enhance your full body conditioning.

Sculpt Reformer* (50 min)

Ideal for Pilates lovers who enjoy working hard! This high-intensity session engages every muscle group while challenging your core stability. Boosts strength, mobility & movement.

Aerial Hammock + Yamuna Workouts

**Please note: Aerial Barre & Ariel High + Low sessions require a min of (2) private training sessions & instructor sign off to participate.*

Aerial Barre* (50 min)

A fun & unique class where the hammock becomes the Barre! Intense lower body conditioning performed with the hammocks emphasizes strength, flexibility & alignment. Includes inversions & suspended stretching.

Aerial Hi + Low* (50 min)

Increase flexibility, spine health, mind-body connection & capacity for play. A combo of High & Low hammock, be ready for inversions, suspended stretching & FUN. Feel open, strong & grounded.

Aerial Low (50 min)

Make room in your body & mind for a unique healing experience. Perfect for those who feel more comfortable in the low hammock, or anyone with back or hip pain. Enjoy the release of tension as the fabric tractions the low back, hips & spine.

Aerial Low + Yamuna (50 min)

This relaxing combo of Yamuna Body Rolling, Yamuna Foot Fitness & low hammock will increase flexibility, stimulate your nervous system & elongate your muscles. Destress like never before.