


WHICH PILATES 1901 CLASS IS RIGHT FOR YOU?

 30 MINUTE CLASS





 50 MINUTE CLASS

 INCLUDED IN
MAT/CARDIO PACKAGE

 INCLUDED IN
EQUIPMENT PACKAGE

GETTING STARTED

Beginning Mat Classes











-   **Basic 5 Mat:** Learn the 5 Basic Principles, the foundation for any Pilates practice. Mat exercises strengthen the whole body from the inside out!
-   **Core & Restore:** Exercises & stretches to strengthen your core awareness & restore the body.

Beginning Equipment Classes









-   **Basic 5 Reformer:** Introductory class to the most popular piece of equipment.
-   **Basic 5 Chair:** Introductory class to the Pilates Chair, a unique & challenging workout.

CARDIO WORKOUTS









Mat Based Cardio Classes (tennis shoes required)

-   **Step N Sweat:** Intervals of step aerobics & resistance training.
-   **Zumba:** Dance your way to fit! Feel the rhythm & the fun!
-   **Zumba Basics:** NEW! This class breaks down the moves to build confidence.
-   **KB Hard-Core:** A killer conditioning class using Kettle bells & Pilates Mat work! Come ready to sweat!
-   **Shred IT:** A high intensity workout combining plyometrics, core work & strength moves. Small weights, bands & props add variety.







Equipment Based Classes (pre-requisite of 6 private sessions or 8 Basic 5 Reformer classes)*

-   **Jump Cut Cardio:** NEW! A 30-minute interval workout on the Tramp- segments of jumping alternate with upper body Reformer moves.
-   **Jump to it Cardio:** Interval training on the Reformer using the Tramp.
-   **Restorative Reformer:** NEW! Like to stretch? Like the Reformer? Get both, in this dreamy 30-minute class. The springs lengthen & strengthen your hips, back, & shoulders.
-   **Pilates Body Blast:** NEW! A non-stop circuit class combining Pilates equipment & Mat training. Fast paced & fun intervals to challenge core stability & endurance.

MAT CLASSES

-   **Power Ball:** Stability training with the Ball. Movements inspired by Pilates Mat work & yoga.
-   **Power Mat:** Expand your Mat repertoire & your results with these challenging moves.
-   **Total Body Barre:** Lift & firm your bottom line & midsection with standing Barre moves, Pilates Mat work, & flexibility training.
-   **Upper Cut:** Sculpt, tone & strengthen your upper body & torso with Pilates bodyweight training, weights, balls, bands & more!

50 Minute Equipment Classes*

-   **Reformer Sculpt:** A step upward from Basic 5 Reformer, Intermediate level exercises from the Stott Pilates sequence. Tough, but FUN!
-   **Reformer Challenge:** Progress your workouts with advanced moves, more springs, & sweat!
-   **Power Tower:** The Reformer/Cadillac hybrid, lots of versatility & springs from different directions, all designed to keep your muscles guessing!