

Winter 2020 Schedule Small Group Trainings



**pilates
1901**

Get Started Today! Three Great Intro Offers:

- + Small Group Trainings ~ 5 for \$50
- + Aerial Private Training ~ (2) 50 min for \$99
* Aerial Fit & Flow (2) Private Sessions required
(there is no requirement for Aerial Low Flow)
- + Pilates & Yamuna Private Training ~ (6) 50 min for \$259

All Small Group Trainings are the same price!

- = Pilates Mat-Based & Yamuna Workouts
- = Pilates Equipment Workouts
- = Aerial Hammock Workouts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Reminder: Set Your Goals for the Week. It is always good to mix it up... Try a new format or a new instructor!</i>	Power Tower (6 - 6:50 a.m.)	Rise & Shine Aerial Fit & Flow* (6 - 6:50 a.m.)	Sculpt Reformer (6 - 6:50 a.m.)	Chair + Reformer (6 - 6:50 a.m.)		
Aerial Fit & Flow* (8:30 - 9:20 a.m.)						
Power Tower (9:30 - 10:20 a.m.)	Aerial Low Flow (9 - 9:50 a.m.)	Aerial Fit & Flow* (8:30 - 9:20 a.m.)	Balance, Core & Stretch (9 - 9:50 a.m.)	Aerial Low Flow (8:30 - 9:20 a.m.)	Power Tower (8 - 8:50 a.m.)	Power Circuit (8:30 - 9:20 a.m.)
		Sculpt Reformer (9:30 - 10:20 a.m.)		Power Tower (9:30 - 10:20 a.m.)	Basic Mat (9 - 9:50 p.m.)	Basic Chair (9:30 - 10 a.m.)
					Basic Reformer (10 - 10:30 a.m.)	Balance, Core & Stretch (10:05 - 10:55 a.m.)
					Arms, Abs & Ball (10:35 - 11:25 a.m.)	FREE Meditation (11:05 - 11:35 a.m.)
Chair + Reformer (12 - 12:50 p.m.)	Cardio Tramp + Flex (12 - 12:50 p.m.)	Chair + Reformer (12 - 12:50 p.m.)	Cardio Tramp + Flex (12 - 12:50 p.m.)	Sculpt Reformer (12 - 12:50 p.m.)	T School Events See details online (11:30 a.m. - 1 p.m.)	
Chair + Reformer (4:30 - 5:20 p.m.)	Sculpt Reformer (4:30 - 5:20 p.m.)	Yamuna + Aerial Low Flow (4:30 - 5:20 p.m.)			Ageless Pilates (2 - 2:50 p.m.)	Basic Chair (2 - 2:30 p.m.)
						Basic Reformer (2:30 - 3 p.m.)
Basic Mat (5:30 - 6:20 p.m.)	Arms, Abs & Ball (5:30 - 6 p.m.)	Basic Reformer (5:30 - 6 p.m.)	Basic Chair (5:30 - 6 p.m.)	Cardio Tramp + Flex (5:30 - 6:20 p.m.)		Yamuna + Aerial Low Flow (3 - 3:50 p.m.)
	Basic Tower (6:05 - 6:35 p.m.)	Power Circuit (6:05 - 6:55 p.m.)	Aerial Low Flow (6:05 - 6:55 p.m.)			
Power Tower (6:30 - 7:20 p.m.)	Basic Reformer (6:35 - 7:05 p.m.)			Free Aerial Demo 2nd Fri of Month (6:30 - 7:15 p.m.)		

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

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

Pilates Mat-Based & Ya*muna Workouts

Ageless Pilates* (50 min) *May use some equipment.

As we age, muscles & joints can become stiff & painful, making movement a challenge. These exercises will improve your balance, flexibility & strength to help you have more energy, stay mobile & stand taller.

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

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

Balance, Core & Stretch (50 min)

A restorative style session for those looking to slow down! Focus on the core, feel balance & flexibility both improve. Enhance your body's sense of its position in space, core stability & range of motion.

Basic Mat (50 min)

Learn and 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.

Yamuna + Aerial Low Flow (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.

Pilates Equipment Workouts

Basic Chair (30 min)

This beginning level workout uses the lesser known Pilates machine. Learn the unique Chair moves that create a fun & challenging total body workout.

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.

Cardio Tramp + Flex (50 min)

A Reformer session using the Stott Pilates Rebounder - jumping with spring resistance boosts the heart rate while providing a killer core workout! Finishes with Reformer moves that lengthen, release & increases FLEX-ibility.

Chair + Reformer (50 min)

It's the perfect mix of Pilates equipment! The Chair provides a total body strength challenge, with a unique focus on your core. We move to the Reformer for deep stretches on your hips, back & shoulders.

Power Circuit* (50 min)

This non-stop Equipment circuit workout challenges all-over strength & cardio endurance. Timed intervals on the chair, jump boards, mat, reformer, and tower make this an extra versatile and fun workout.

*Equipment experience required.

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 Workouts

*Please note: Aerial Fit & Flow sessions require a min of (2) private training sessions & instructor sign off to participate.

Rise & Shine Aerial Fit & Flow* (50 min)

The perfect start to your day, this high/low hammock session will wake up & rejuvenate your spine. Build strength & flexibility through inversions & suspended spinal extensions. Definitely worth waking up for!

Aerial Fit & Flow* (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 Flow (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.

FREE Meditation (30 min)

Pause & breathe through a very peaceful guided meditation to learn how to live mindfully, open your heart & reduce stress.