

# group pilates SCHEDULE

(jan 1 - may 18)

group pilates rates		
PASS OPTION	MEMBER	GENERAL
Drop-In Pass*	\$25	\$40
5-Punch Pass*	\$105	\$160
10-Punch Pass*	\$200	\$300
1-Month Contract	\$165	N/A
3-Month Contract	\$155/month	N/A

\*6-month expiration from purchase date

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>8:15 AM</b> Circuit-50	<b>8:15 AM</b> Sculpt-50	<b>8:15 AM</b> Pilates TRX*	<b>8:15 AM</b> Circuit-50	<b>8:15 AM</b> Reform-50		
<b>9:15 AM</b> Circuit-50	<b>9:15 AM</b> Sculpt-50	<b>8:15 AM</b> Reformer/ Tower-50	<b>9:15 AM</b> Restore-50	<b>9:15 AM</b> Reform-50	<b>9:15 AM</b> Sculpt-50	<b>9:15 AM</b> Restore-50
<b>10:15 AM</b> Circuit-50	<b>10:15 AM</b> Sculpt-50	<b>9:15 AM</b> Reformer/ Tower-50	<b>10:15 AM</b> Restore-50	<b>10:15 AM</b> Reform-50	<b>10:15 AM</b> Sculpt-50	<b>10:15 AM</b> Restore-50
	<b>12:30 PM</b> Sculpt-50	<b>10:15 AM</b> Reformer/ Tower-50	<b>11:30 AM</b> Circuit-50	<b>11:15 AM</b> Reform-50	<b>11:15 AM</b> Sculpt-50	
	<b>5:15 PM</b> Restore-50		<b>4:15 PM</b> Refine-50			

\*Class will be held in Strength Studio



Reservations



**Circuit-50** Focus from the inside out in this progressive class format. Each session has a unique goal which is defined and enhanced through props, tempo variations, proprioceptive settings, and breath attention. Commit to weekly progressions across each month for noticeable gains. Open to all levels.

**Pilates TRX** Add variation to your Pilates workout with the TRX Suspension Training System. Develop strength, balance, flexibility and core stability simultaneously while working muscle groups from different angles and be in charge of your workout intensity. Open to intermediate and advanced practitioners.

**Restore-50** Focus on somatics and body awareness through a continuous, mindful-flow sequence in this slower paced setting for postural alignment, breath sequencing, and active lengthening. All levels are welcome.

**Refine-50** Learn and refine the basics of Pilates reformer and hone your skills for high-level practice. With a focus on safe and effective movement, this class is open to all levels and beginners.

**Reform-50** Something for everyone! Variations and modifications will be offered so you can thrive while refining your Pilates practice. Enjoy props integration ranging from tower springs to mat work, jump board to arc, magic circle, and more. Move your body and mind through coordination in a range of settings. All levels welcome.

**Reformer/Tower-50** Whether you're new to the Reformer/Tower or a seasoned practitioner, this class offers a balanced workout designed to challenge and empower you. Using both the Reformer and Tower, you'll work through a series of controlled movements that engage your core, enhance flexibility, and build strength.

**Sculpt-50** This is an intermediate-level class with athletic exercises that will help take your Reformer repertoire to the next level. Keep things fresh with fun variations and props that will help lengthen and tone muscles, build stamina, and coordination.

## **POLICIES**

No-shows for reservations will be charged \$25

Late cancellations, less than 12 hours prior to class start, will be charged \$10

Attendees more than 15 minutes late to class may forfeit their reservation

Passes will not be held or refunded

