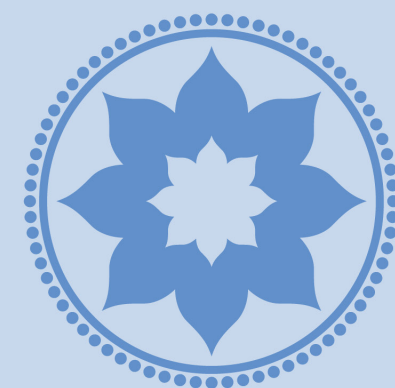


CLASS STYLES



REFORMER FLOW

Reformer Based Pilates with a Contemporary Flow

1 1.5 2 2.5

Our signature, contemporary Reformer class strengthens and lengthens your entire body while taking your balance and coordination to the next level.

Creatively flow from the Reformer to the Springboard, Chair, Mat and more, ensuring you never experience the same class twice.



CARDIO SCULPT

Get Moving with an Energetic Cardio Workout

1 1.5 2

Perfect for the cardio junkie! The Jumpboard facilitates plyometric movement, creating an aerobic workout that's gentle on the joints. Quick transitions take your practice to a new level with each visit. Pump up your heart rate in this fun, full-body Pilates party!



RESTORE

Massage & Soothe Sore Muscles

1 1.5

Experience the benefits of foam rolling and TriggerPoint™ therapy myofascial release in this one-of-a-kind class. Regenerate the body, reduce muscle soreness, increase performance and reduce your risk of injury by adding a Restore class to your weekly routine!

center & balance

Stretch Better with Pilates Equipment

1 1.5

Re-center and balance your body with apparatus-assisted stretching. Center + Balance involves light Reformer-based movement and deep stretching to leave you feeling ready to take on whatever the day brings - a great cross-training class for increasing flexibility!

CONTROL

Stand Up, Sculpt & Get Toned

1.5 2

Sculpt and tone your legs and glutes as an Instructor leads you through a whole new way of incorporating Pilates principles standing up! The Reformer, Springboard, gliding discs, ball, and weights are used to keep your body guessing with every class.



SUSPEND

Defy Gravity & Strengthen with Suspension Training

1.5 2

Combine Pilates with the incredibly effective TRX® suspension training system. Created by a former Navy SEAL, TRX® puts your body to the test. Stability challenges enhance strength, coordination, mobility, and balance. Make daily movements more efficient and precise!

F.I.T

Build Muscle & Stamina with Interval Training

2 2.5

The perfect mix of high-intensity, calorie-blasting cardio work and lower-intensity, Pilates-based strength training. This class focuses on aerobic ability and burns more calories in less time. This boot camp style class is dynamic and fun for those looking for an extra challenge!