

# Class Descriptions



## REGISTERED GROUP MAT CLASS DESCRIPTIONS

### Entry Level Mat Classes

<p><b>Mat Core Principles</b> (no Pilates experience required)</p> <p>Appropriate for those new to Pilates or clients joining part way through a session</p> <p>Drop Ins Welcome</p>	<ul style="list-style-type: none"> <li>• Learn/review the fundamental principles including breathing , core connections and focused movement</li> <li>• Ideal for individuals wanting to work at a deep level because of injury or medical restrictions</li> <li>• Great place for bone density clients to begin their practice</li> </ul>
<p><b>Mat Beginner</b> (no Pilates experience required)</p>	<ul style="list-style-type: none"> <li>• Learn fundamentals and a sequence of Pilates movements at a beginner level</li> <li>• Registered class that is progressive in nature</li> </ul>

### Intermediate Level Mat Classes

<p><b>Mat Intermediate</b> (Prerequisite- Mat Beginner)</p>	<ul style="list-style-type: none"> <li>• Building on the mat work learned in beginner mat and deepen the core connections</li> </ul>
<p><b>Mat Intermediate/ Advanced</b> (Prerequisite- Mat Intermediate)</p>	<ul style="list-style-type: none"> <li>• Build overall body strength and flexibility in this continuously challenging body of work</li> <li>• Not appropriate for those with injuries</li> </ul>
<p><b>Mat / Fletcher Towelwork™</b> (Prerequisite- Mat Beginner)</p>	<ul style="list-style-type: none"> <li>• The Fletcher Towelwork™ is coupled with intermediate classical Pilates mat work</li> <li>• Improve spinal posture by balancing, stabilizing and mobilizing the shoulder girdle using the Fletcher Braided Towel</li> </ul>
<p><b>Balance with Balls</b> (Prerequisite- Mat Beginner)</p>	<ul style="list-style-type: none"> <li>• Find balance between strength and mobility using a variety of balls (stability balls, Franklin and Yamuna balls, etc.)</li> </ul>

## Specialty Classes

<b>Mat- Rejuvenating</b> (Prerequisite- Core Principles or teacher discretion)	<ul style="list-style-type: none"><li>• Pilates movement that is safely tailored to individual needs and restrictions</li><li>• Ideal for clients with joint restrictions/ replacements, mobility and or bone density issues</li></ul>
<b>Yamuna Body Rolling (YBR)</b> Beginner- (no experience required) Intermediate- (beg. YBR or workshop experience required)	<ul style="list-style-type: none"><li>• Using YBR balls, this self- empowering tool releases muscle tension, stimulates bone and free joint restrictions</li></ul>
<b>Pilates for Buff Bones™</b> (Prerequisite- Mat Core Principles or Teacher discretion)	<ul style="list-style-type: none"><li>• Pilates based workout that targets the backside of the body ( butt, hips, arms and back) using bone-strengthening techniques to align and balance the body</li><li>• Great for all ages with or without bone density issues</li></ul>
<b>Pilates EQ- Happy Hour!</b> (Prerequisite- Mat Core Principles and a desire to have fun!)	<ul style="list-style-type: none"><li>• End your week with a bit of fun and frivolity! Embrace the weekend with this multi- level class combining Pilates with different props</li></ul>

## **REGISTERED GROUP EQUIPMENT CLASS DESCRIPTIONS**

### Entry Level Equipment Classes

<b>Equipment Beginner</b> (Prerequisite- Previous mat experience or teacher discretion)	<ul style="list-style-type: none"><li>• Learn Pilates repertoire on the Reformer, Wunda chair, Small Barrel</li><li>• Learn to work from the inside out with spring based resistance.</li></ul>
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## Intermediate Equipment Classes

<b>Equipment Intermediate</b> (Prerequisite- Equipment Beginner)	<ul style="list-style-type: none"><li>• Building on the equipment work learned in beginner equipment and deepen the core connections</li></ul>
<b>Reformer Intermediate</b> (Prerequisite- Equipment Beginner)	<ul style="list-style-type: none"><li>• Focus on building the intermediate level repertoire on the Reformer</li></ul>
<b>Chair/ Barrel Intermediate</b> (Prerequisite- Equipment Beginner)	<ul style="list-style-type: none"><li>• Build strength using these small but mighty pieces of equipment</li><li>• Not recommended for individuals with wrist issues</li></ul>
<b>Equipment Intermediate/ Advanced</b> (Prerequisite- Equipment Intermediate)	<ul style="list-style-type: none"><li>• Build overall body strength and flexibility using the various pieces of equipment in this continuously challenging body of work</li><li>• Not appropriate for those with injuries</li></ul>

\*Please note that all equipment classes may incorporate warm up exercises on the Mat and Small Props