



MAT CLASSES

Essential Mat

Don't let the pace of this workout fool you! Though time is taken to discuss proper execution of the exercises, even the most experienced practitioners will find this class informative and challenging. The more knowledge you have, the more focused and intense your workouts will be. Improve posture and increase muscular strength and endurance.

Fitness Circle

A moderately-paced class designed to add resistance and focus to both upper and lower body moves. This invigorating routine will challenge your strength, flexibility and core stability, as well as increase power and endurance with the sprung-steel tension of the Fitness Circle resistance ring.

FlexBand

Simulate the spring resistance of a Reformer workout with the Flex-Band exerciser. This challenging set of exercises tones and sculpts your arms, legs, back and torso.

Power Mat

For those who have mastered the fundamental mat work, Pilates Power Mat is a dynamic and energizing new way to exercise. Challenge coordination, strength and endurance as you move fluidly through the entire Essential mat repertoire of 35+ exercises in a 1-hour class. It is suggested that participants have a minimum of 3 private sessions or 10 mat classes under their belt before attempting this class, as basic principles and terminology will not be covered. This class is FAST!!

Toning Ball

This class incorporates the use of soft hand-held Weighted Balls with the STOTT PILATES™ Essential Matwork™ repertoire. The use of Weighted Balls will challenge awareness and strength of the entire upper quadrant, as well as core musculature.

REFORMER CLASSES

Reformer Fundamentals

Learn proper set-up and safety guidelines for the Universal Reformer in addition to STOTT PILATES basic principles. We will cover proper execution of Essential exercises, as well as jumping technique for those interested in the Cardio Reformer classes. This is great introductory class for those with no prior experience, and is a prerequisite for participation in any Group Reformer class unless you have prior experience with STOTT PILATES, or instructor approval.

Essential Flow Reformer

Not just core conditioning; In this resistance-based workout we will touch on improved flexibility and strength for every one of your muscles, right down to your toes. Participants are required to complete 3 private training sessions, or 6 Fundamental Reformer classes, or have prior experience before joining this class.

Cardio Reformer

Pilates itself is not enough, unless you add our "Cardio Reformer" class to your workout regime. Get your heart rate up for optimal fat burning, while you simultaneously build long lean muscle, improve posture, and challenge your mind.