

REFORMER: Incorporate all principles of Pilates as you stretch and strengthen for a full body workout.

COMBO: Utilize a combination of Pilates apparatus and accessories for a well-rounded workout.

PILATES BASICS: This class will take you from beginner to intermediate exercises in the Classical Style of Pilates.

JUMP BOARD: Designed for athletic participants looking to challenge their core and get fit, this interval class will involve cardio along with conditioning and sculpting while utilizing the Pilates apparatus.

PILATES ACCESSORY: Apply all of the fun tools and accessories available to supplement and enhance your Pilates workout. This multi-level group class is great for those wanting to improve core strength, balance, and focus.

EVERYDAY PILATES: This beginner's course will focus on engaging your core to improve posture, flexibility, strength and balance. We will utilize the mat and apparatus to assist you in learning Pilates essentials.

PILATES FOR HIPS & SHOULDERS: Emphasize finding more mobility, proper alignment and stability of the hip and shoulder joints to prevent injury, relieve tension, and allow your entire body to work efficiently and fluidly.

PILATES ATHLETIC EDGE: Experience how the Pilates system of exercises can help you progress and advance in your athletic endeavors. Improve overall flexibility, strengthen muscular imbalances often exaggerated by sport, and help with injury prevention.

PILATES FOR BACK HEALTH: Focus on Pilates movements to stretch and strengthen this vital area. Learn other components that play a key factor in back health, and how to incorporate Pilates movements into daily routines enhancing overall back health and well-being.

PILATES FOR FLEXIBILITY: Learn why flexibility and full range of motion is important, how it affects our daily lives, and how to use our strength gained through Pilates mat and apparatus work to increase flexibility safely.

PILATES CHAIR: Confront one of Pilates' smaller yet challenging pieces that improves balance, upper and lower body strength, core and mental focus.

RESTORATIVE PILATES: Deepen your Pilates practice with focus and attention to therapeutic and corrective movements.

GYROTONIC®/ GYROKINESIS®: An exercise modality that guides users to simultaneously stretch and strengthen muscles and tendons while also articulating and mobilizing the joints.