

Class Descriptions

Beginner Mat Class: We concentrate on mastering the basic principals of Pilates and learning the essential exercises; focusing on trunk strength and coordinated movement.

Intermediate Mat Class: Designed for those who have mastered the basic level exercises and are looking for a greater challenge as well as an opportunity to further build core strength with more difficult exercises.

Mat Circuit: The mat circuit is a combination of beginner & intermediate Pilates exercises with the use of equipment such as flex bands, toning balls, bosu & fitness circle.

Bosu Circuit: Beginner, intermediate & some advanced Pilates exercises on the Bosu Ball. A standing cardio section increases the intensity of the work out to incorporate the entire body.

Private and Semi-Private Pilates: In addition to our group classes, our private and semi-private sessions are primarily taught on our Reformer, Cadillac, Chair and Barrel equipment.

* **Stott Certified instructors teach all classes.**

Yoga

Beginner-Sivananda yoga is a form of Hatha Yoga and it is based on 5 principles of yoga- Proper Breathing, Proper Exercise, Proper Diet, Meditation/Positive thinking and Proper Relaxation

Private and Semi-Private: \$60 for a private pilates session. A semi-private session with 2 people is \$35 each.

Mat classes: \$150.00 for 10 weeks

Circuit classes: \$200.00 for 10 weeks

Yoga Classes: \$150.00 for 10 weeks