

Mat Classes

***OPEN - Any class that “drop-in” is allowed with registered participants. All other classes are by registration only and drop-in is not allowed.**

Essential Mat Level 1 OPEN* (registered and DROP-IN)

A great starting point for beginners, the Essential Mat class teaches the Five Basic Principles of the STOTT PILATES method, and builds a foundation of exercises required to move on to the next level. This mat-based workout is designed to help participants develop leaner, longer-looking muscles, establish core strength and stability, and heighten mind-body awareness. Props may be incorporated to add variety. Participants are welcome to stay in the Essential classes until they feel confident enough to enter the Intensified Essential Mat class. Class capacity is 9 participants. Space is limited - Registered clients have space priority.

Intensified Essential Mat Level 2 OPEN* (registered and DROP-IN)

For more challenge, these mat classes are for a progressed beginner level and will take you through a dynamic, full-body workout that focuses on improving flexibility and core strength, with exercises that stretch and tone all muscle groups. Programming may vary from session to session to include, Flex-Band* exercisers and Fitness Circle® resistance rings. Class capacity is 9 participants. Space is limited - Registered clients have space priority.

Power Paced Pilates - Mat Level 2/3 OPEN* (registered and DROP-IN)

This class takes it up a notch with a quicker paced, dynamic workout that will energize you. Stamina, endurance and body awareness will be put to the test while maintaining safety and efficiency. Reap the benefits of this total body workout challenge. Class capacity is 9 participants. Space is limited - Registered clients have space priority.

Core Challenge - Mat Level 3 OPEN* (registered and DROP-IN)

These classes are designed to strengthen flexibility, coordination, balance and especially stamina and strength through intermediate and advanced mat repertoire. It is important that clients have a strong understanding of the fundamentals of alignment taught in our beginner classes. Sessions will vary in programming to include Flex-Band* exercisers and Fitness Circles® to challenge the body's ability to stabilize during intensified workouts. Class capacity is 9 participants. Space is limited - Registered clients have space priority.

Specialty Mat Classes

Mat Plus Props

Intensify your mat workout with the use of challenging but unique props such as the Foam Roller, the Edge, the Stability Ball, the Bosu[†] and the Toning Balls for a complete and total body conditioning experience. These tools will help improve not only core stability and strength but also your balance and coordination.
Class capacity is 8 participants.

Ball & Bosu

Intensify your mat workout with the use of challenging but unique props such as the Mini-Flex Ball, the Stability Ball, the Bosu[†] and the Toning Balls for a complete and total body conditioning experience. These tools will help improve not only core stability and strength but also your balance and coordination.
Class capacity is 8 participants.

Equipment Classes

Essential Reformer Level 1

This class gives participants a preview of what to expect in an Essential Reformer class. The Essential Reformer class reviews the Five Basic Principles of the STOTT PILATES method and introduces the most popular piece of STOTT PILATES equipment, the reformer. Participants will get an energizing total-body workout and learn about the reformer, its benefits, how to set it up and how it is used in a class format.

Class capacity is 4 participants. It is recommended that clients have prior experience on the reformer before registering.

Body Sculpt - Reformer Level 2

These classes are performed on the reformer and progress from beginner level to an Intermediate level. The pace is moderate, yet challenging and will tone muscles, develop core stability and mind-body connection while providing an invigorating total-body workout. Specific benefits of working with this type of equipment is the strengthening and lengthening muscles not bulking, leaving you looking long and lean!

Class capacity is 4 participants. Prior experience on the reformer before registering is mandatory.

Power Paced - Reformer Level 3

This invigorating, fast paced class will challenge alignment, stamina and control of the body and work to increase flexibility and overall strength. Exercise variations of the intermediate repertoire will take your body to the next level. This class is for those who have successfully mastered the essentials and have demonstrated progress.

Class capacity is 4 participants. Prior experience on the reformer before registering is mandatory.

Jumpboard Reformer Interval Training

Using simple jumpboard combinations, separated with intervals of upper and lower body strength and flexibility exercises on the Reformer, this ultimate *cardio / strength interval* class, challenges your core, total body strength, and elevates your heart rate, while focusing on proper jumping technique. This class is only for those with extensive experience on the reformer.

Class capacity is 4 participants. Prior experience on the reformer before registering is mandatory.

Circuit

Challenge your body through a combination of small intervals on various Pilates apparatus including the Stability Chair, the Spring Wall, the Reformer and various barrels. To participate, clients must have taken private or semi private sessions with an instructor, as it is important you are comfortable with essential exercises on the equipment.

Class capacity is 4 participants.

Mat-Plus / Reformer Circuit

This class incorporates classic mat repertoire with the addition of various props used in the Mat Plus Props class, and transitions to the Reformer for increased resistance training.

Class capacity is 4 participants.

Pre-Natal Circuit

Pre-Natal clients require special movement considerations and exercise modifications. This Pre-Natal Circuit class will take Moms-to-be from traditional Matwork™ exercises to select exercise modifications on the Reformer, the Stability Chair, the Spring Wall, and various props. Following the latest medical information and ACOG guidelines, this class will provide a safe and effective workout during pregnancy while focusing on maintaining physical and psychological health benefits from a continued exercise program.

Class capacity is 4 participants.

NOTE: All equipment and specialty mat classes are by registration only. The use of equipment and props requires consistency in attendance to ensure progression and proper muscular training. If you are looking for a class that better suits your schedule, then it is suggested you book with an instructor privately or semi-privately to accommodate your schedule.

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