

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.**

Mat Beginner *Open (registered and DROP-IN)

A great starting point for beginners, the Beginner 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 Beginner classes until they feel confident enough to enter the Beginner/Intermediate class. Class capacity is 9 participants. Space is limited – Registered clients have space priority.

Mat Beg/Int *Open (registered and DROP-IN)

For more challenge, mat classes at the Beg/Int level 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.

Mat Intermediate and Mat Int/Adv *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

Pilates for Weight Loss

This class is perfect for those who want to lose weight safely and effectively without putting any stress on the joints. We will help you focus on your goals and keep you motivated with these low-impact exercises.

Class capacity is 9 participants.

Golf Conditioning Matwork

Take your golf game to a whole new level with STOTT PILATES. This class focuses on warm-ups and drills to improve your balance and flexibility. Learn how to condition your body to engage the very muscles you need to increase club head speed and drive that ball much further down the fairway.

Class capacity is 9 participants.

Pilates on the Edge

Take advantage of the Pilates Edge, a foam triangle, and discover how it's increasing height can bring new challenge and excitement to your matwork routine. Using the Pilates Edge, the latest of innovative STOTT PILATES® props, get a total body workout by ramping up the intensity level of your essential mat exercises by changing the angle of your body.

Class capacity is 6 participants.

Mat Equipment Plus

Intensify your mat workout with the use of challenging but unique props such as the Foam Roller, 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 6 participants.

Equipment Classes

Intro to Reformer

This class gives participants a preview of what to expect in a Group Reformer class. The Intro to 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.

Mat-Plus/Reformer Combo

This class incorporates classic mat repertoire with the addition of various props used in the Mat Equipment Plus class, and transitions to the Reformer.

Class capacity is 4 participants.

Group Reformer

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. It is recommended that clients have prior experience on the reformer before registering for level 1, but mandatory for those registering for level 1/2 or level 2.

Jumpboard/Reformer 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 3 participants.

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 3 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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