

THE SCOOP-A PILATES STUDIO CLASS INFORMATION

- **All Mixed Equipment Classes are On-Going Sessions:** Our Mixed Equipment Sessions have no formal start and stop date unless noted otherwise. You commit to a specific class day & time. All equipment classes are limited to 5 people. Drop In available if space permits—please inquire before you come.
- **Minimum of 1 Private or Instructor Approval to Attend All Equipment Classes**
- **All Other Classes noted with **:** These classes are ongoing unless noted. Drop In when you can. Limited to 10 people unless noted
- **Please see our RATE SHEET for pricing on Classes and Private/Semi-Private Instruction**

Mixed Group Equipment Classes

Mixed Equipment Classes may use all of the Pilates Apparatus during the class. Unless noted.

- **Intro. To Joe:** For New Students to Pilates; Come test drive Pilates and the Apparatus. **1st Saturday of the Month**
- **New Kid on the Block:** Beginner Pilates on all Apparatus; learn the foundation & basic Level 1 to 2 work
- **Easy Does It:** Mixed Equipment for those with back/knee issues, recovering from injury or just wanting to take it a bit easier. All levels welcome.
- **Early Bird Burn:** Intermediate to Intermediate/Advanced for those early risers that can't start their day without us. Level 3 to 4; dabble with Level 5.
- **Underclassman:** Beginner to Beginner/Intermediate work; for those who aren't the New Kid, but still are working on the basics and their skills! Level 2 to 3
- **Meat & Potatoes:** Intermediate work for those who have graduated to the next level. Strong Level 3 work & dabbling into Level 4
- **Extreme Meat & Potatoes:** Intermediate to Intermediate/Advanced work. Strong Level 3 to 4 work; plus a dabble of Level 5.
- **Joe's Lean Low Chair Lunch:** 40-Minute Low Chair Express No Carb Class. All Levels Welcome
- **Joe's Lean Mat Lunch:** 40-Minute Mat Express No Carb Class. All Levels Welcome
- **Scoop 90 & Scoop 75:** Intermediate to Intermediate/Advanced work. When 60 Minutes just isn't enough. 90 Minutes or 75 Minutes of Hard Core Pilates.

*Just Drop In***

All Levels Welcome. No One with serious back or neck injuries without prior approval

- **Cup of Joe:** The Scoop Special Blend of Jumping, Bikini Butt Barre, & Upper Body Hottie—plus anything else we can brew up—Pilates Equipment is used and Instructor's creativity to challenge your core!
- **Upper Body Hottie:** 30 Minutes of Fab Abs & No Flab Arms. Equipment, Mat & Props
- **Bikini Butt Barre:** 30 Minutes of Bootie Kickin' on the Barre & Mat with props
- **YBR Pilates:** Yamuna Body Rolling + Pilates Mat. Most back issues are happy with this class.
- **GYROKINESIS®** this approach systematically and gently works the joints and muscles through rhythmic and undulating movements. Done on a Stool and Mat. Come Spiral with us.
- **Balls & Whistles Pilates Style:** A Pilates Props Class with Heather. Stability Balls, Foam Rollers, Magic Circles, & more—you'll get it all to challenge your core!!!