

About The Schedule

- **All Equipment Classes are 5 Week Sessions:** You are allowed to make up any missed classes during the session as long as space permits in another class and with instructor approval. Missed Classes that you are unable to make-up during the session will not be rolled over into the next session. All equipment classes are limited to 5 people.
- **Minimum of 1 Private or Instructor Approval to Attend All Classes**
- **All Mat Classes, YBR\*\*:** These classes are ongoing unless noted. No commitment required to attend. Instructor Approval required.
- **RATES:**
  1. 5 Week Mixed Equipment: 55 Minutes; \$125 for 5 Sessions; Single Class with Instructor Approval-\$30
  2. 5 Week 90 Minute Inter. Challenge: 90 Minutes; \$187.50 for 5 Sessions; Single Class with Instructor Approval-\$42.50
  3. Mat/YBR/Cardio/Yoga-Pilates: \$15 for a Single Class or 10 for \$100
  4. **NEW: BootCamp Pilates and our Lunch Express Equipment, Low Chair and Mat Class**  
**BootCamp Pilates: \$20 per class or 10 for \$180**  
**Lunch Express Equipment or Low Chair: \$20 per class or 10 for \$180**  
**Lunch Express Mat Class: \$12 per class or 10 for \$80**

Class Descriptions/Levels:

- **Mixed Equipment:** All Mixed Equipment Classes use a variety, if not all, of the Pilates Apparatus during the 55 Minute Class. The instructor takes into consideration the clients, their level and interest when teaching.
- **Mat:** Portable Pilates. Mat classes are wonderful to add to your workout. You'll be challenged regardless of the level attended. Mats are provided. Props, such as the Magic Circle, may be used during the class as well.
- **Yamuna Body Rolling:** Is it a massage, a workout, stretching??? This workout uses special sized balls to roll away on. You're body will look and feel toned, stretched, and aligned when you leave. It's portable and an excellent way to supplement your workouts or as a stand alone workout.
- **YBR Pilates:** Pilates Mat + Yamuna Body Rolling. The Yamuna balls are used to assist and challenge you as you learn the Pilates Mat work. All levels are welcome to this class. We are currently the ONLY studio in town offering this work.
- **90 Minute Intermediate Challenge:** 30 Minutes on Each Piece: Reformer, Low Chair and Caddy Work; Intermediate Level of Choreography required or Instructor Approval to attend. It's an awesome workout—if you're up for the Challenge.
- **BootCamp Pilates:** A Challenging hour to kick your bootie and more into shape. It's Pilates Mat gone BootCamp!! Instructor Approval Required.
- **Lunch Express Equipment:** 40 minutes Express on Mixed Equipment. If time is of the essence, then this will fit the bill. It's plenty of time to whip up into shape in the middle of the day.
- **Lunch Express Low Chair:** 40 Minute Express on the Low Chair. It's a fun and challenging piece of equipment to shake the mid-day blahs away with.
- **Lunch Express Mat:** Get movin' during that lunch time with the perfect amount of Mat. Challenging-Yes!! Do-able-ABSolutely!

Levels:

**Intro. To Pilates:** For new students to Pilates; no previous experience required.

**Beginner: (B):** For those who have very little experience. Level 1 to 2.

**Beginner to Intermediate :(B/I):** For those who have some experience, and ready for new moves. Level 2 to 3

**Intermediate :(I):** For those who have been taking Pilates for quite a while and ready for more. Level 3

**Intermediate to Advanced: (I/A):** For those who have a good working knowledge of Pilates and ready for new moves and challenges. Level 4. This level transitions you from your Level 3 work to new heights.

**Advanced: (A):** This is the most advanced level to Pilates. You'll move your body in ways that you thought may not be possible. You'll still be doing Level 4 work with the addition of Level 5.