

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. Space is limited
- 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.

- **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.
- **Scoop 90:** Intermediate to Intermediate/Advanced work. When 60 Minutes just isn't enough. 90 Minutes of Hard Core Pilates.
- **ORBIT™:** Roll your way through a fun, full body workout. Work your core while you sit, lie, kneel and stand on this multi-functional piece of equipment

*Just Drop In***

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

- **Intro. To Joe:** Join us for an Introduction to Pilates on Equipment. Great way to get your feet wet!
- **Caffeinated Joe:** The Scoop's 1 hr. House Blend of "JOE"—UGI FIT, PILATES & props
- **AMP'D BARRE:** The Scoop's new 1 hour bun burning, heart racing, full body fitness Barre Class
- **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.
- **PILOXING** Join KRISTIN DABNEY with the latest Hollywood Celebrity fitness craze sweeping the nation! PILOXING uniquely mixes Pilates and boxing into a fat torching and muscle-sculpting workout guaranteed to whip you into shape.
-  **MAT:** A 60-Minute Blend of UGI and Mat Work. A great challenge to add to your day or night!
- **Joe's Lean Low Chair Lunch:** 40-Minute Low Chair Express No Carb Class. All Levels Welcome