

# 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.

- **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
- **Scoop 90:** 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

- **Intro. To Joe:** Join us for an Introduction to Pilates on Equipment. Great way to get your feet wet!
- **Caffeinated Joe:** The Scoop's New 1 hr. House Blend of "JOE"—UGI FIT, PILATES & props
- **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.
- **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.
-  **FIT.** U got it. Show it off. Ugi is a beautiful ball and 30-minute workout that can go anywhere, and that makes people feel good about their bodies, energy and health. It's functional training that helps you operate better and feel better every day.
-  **Stretch:** About 30/30 of UGI and Stretching. Work it hard & Stretch it Out!
-  **BootCamp:** UGI FIT 1 hour challenge!
-  **MAT:** A 60-Minute Blend of UGI and Mat Work. A great challenge to add to your day or night!