

## **Advanced Pilates**

A challenging workout for the advanced student with focus on deepening complete powerhouse connection and enhancing the 6 Pilates Principles. Students are required to have a strong working knowledge of level 2/3 exercise order and setup on all equipment. Class size is limited to 5. \*INSTRUCTOR APPROVAL REQUIRED\*

## **Intro to Pilates**

Intro to Pilates class is designed for those with no Pilates experience. The 6 Pilates principles will be introduced with emphasis on how to use the powerhouse to build core strength. Basic reformer knowledge and application of safety will be introduced in a fun energizing class! Class size is limited to 4.

## **Mat Pilates**

All level class, modifications offered for each pose. A series of non-impact, yet challenging movements, which increase Core strength and flexibility, improves alignment, balance, coordination, and tone. Be prepared to move through the exercises with pure precision.

## **MVE Chair Challenge**

Gearred toward Chair Class participants from intermediate to advanced skill levels. Class size is limited to 8.

## **MVE Chair Everybody**

An intro to Chair Pilates. Class geared toward Chair class from beginner to intermediate levels. Class size is limited to 8.

## **Pilates Circuit**

Within 55 minutes the body is conditioned with the Pilates principles, mix of exercises, and equipment types. Come explore the reformer with an unstable surface teaching body strength and control, the Tower providing a deep stretch and build body strength with higher spring tension, and the chair being the most challenging with gravity becoming a resistance factor. Class size is limited to 5.

## **Pilates on the Go**

Pilates on the Go class is great for those with a busy schedule and cannot commit to a scheduled group class. No sign-up required, simply show up for a great workout. No class packages required, just pay \$20 each time. In other words, Pilates at your convenience. Class size is limited to 5.

## **Reformer level I**

Introductory/Beginner: All Reformer classes provide a continuous flowing workout with the challenge of an unstable surface teaching body strength and control. The 6 Pilates principles will be introduced with emphasis on how to use the powerhouse building core strength. Basic reformer knowledge and application of safety will be introduced in a fun energizing class! Class size is limited to 5.

## **Reformer level II**

Intermediate: After becoming comfortable with the reformer and exploring the Powerhouse and core stability, upper body strength is now layered into the challenge of the reformer control. The Pilates principles will be deepened with higher expectations of client ability to know exercises. Class size is limited to 5. \*INSTRUCTOR APPROVAL REQUIRED\*

## **Reformer level III**

Advanced: Pilates principles are implemented with focus on deepening breath control and flow. The difficulty of transitioning from one exercise to the next is layered into more difficult reformer knowledge. The fine details of lower and upper extremities are explored challenging powerhouse and torso connection. Variations and ideal exercises are used for progression purposes. Class size is limited to 5. \*INSTRUCTOR APPROVAL REQUIRED\*

## **Tower level I**

Introductory/Beginner: Tower classes are unique in how they provide a deep stretch and build body strength with higher spring tension. A level I class is designed for those with limited or no Pilates experience. Mixed with Pilates Mat exercises, the tower classes increase flexibility and strength. Class size is limited to 5.

## **Tower level II**

Beginner/Intermediate: After becoming comfortable with the tower and students have developed a deeper ability to stretch, a higher amount of tension and strength is incorporated. The Pilates principles will be deepened with higher expectations of client ability to know exercises. Class size is limited to 5. \*INSTRUCTOR APPROVAL REQUIRED\*