



PILATES CLASS DESCRIPTIONS

INTRO TO PILATES

This FREE 30min class is designed for you to learn Pilates fundamentals and reformer basics. Build confidence, body awareness, and a strong foundation for your Pilates journey.

CONTEMPORARY PILATES BEG-INT

A modern approach blending Pilates with functional movement. Develop strength, mobility, and coordination while adapting to your fitness level.

PILATES X STRENGTH

Combine Pilates precision with strength training. Build muscle, increase power, and improve stability through challenging reformer-based workouts.

PILATES X CARDIO

Boost your heart rate while building strength. This low-impact class combines Pilates with cardio intervals for a fun, challenging workout.

CLASSICAL PILATES LEVELS 1-3

Process through the original Pilates method. Improve strength, control, and endurance as you advance through each level.

HIIT PILATES

A high-energy blend of Pilates and interval training. Boost endurance, strengthen the body, and elevate calorie burn with short bursts of intensity.

TOWER

Refined, full-body workout that uses spring resistance to build strength, improve flexibility, & develop deep core stability.

RESTORATIVE PILATES

A gentle, supportive class focused on mobility, flexibility and recovery. Ideal for beginners, injury recovery, and active aging.



SCAN HERE TO SEE
ALL OF THE PILATES
CLASSES WE OFFER



Some classes require instructor approval