PILATES FUSION CLASS FRAMEWORK

This format is intended as a general framework rather than a prescribed sequence. Timing is approximate and can shift depending on the focus of the class, but the overall goal is to maintain a balanced blend of recognizable Pilates work and yoga-inspired movement throughout the practice.

1. Centering, breath & spinal movement | approximately 5 minutes

Seated, standing or reclined. This might include breath awareness, pelvic positioning, bridging/pelvic curl, imprint/neutral exploration or gentle spinal articulation.

2. Pilates preparation | approximately 7 minutes

Primarily floor-based. Knee folds/toe taps, chest curl, tabletop work, arm reaches, abdominal engagement and scapular stabilization. The goal is to establish core connection, alignment and body awareness before transitioning into the standing portion of the class.

3. Yoga-inspired standing flow | approximately 18 minutes

This is the primary standing and mobility portion of the class and might include Cat/Cow, Down Dog, lunges, Chair, Warrior variations, balance work, planks and other familiar yoga movements and transitions.

We'd encourage this section to regularly include lateral movement, rotation, and hip mobility and stability. Props, layering, pulses and strength variations can also be incorporated to build on familiar poses and maintain a strength component within the flow.

The standing sequence should also help prepare and warm the body for the more focused Pilates work that follows.

4. Pilates core strength & control | approximately 8 minutes

Return to the mat for a focused block of recognizable Pilates core work. This might include Hundred or Hundred Prep, Single Leg Stretch, Double Leg Stretch, Criss Cross, Single or Double Straight Leg Stretch, Roll Up/Roll Down or Teaser Prep.

This section can progress from the core connection established during the preparation work into more challenging exercises emphasizing control, precision and stability.

5. Classical Pilates repertoire | approximately 8 minutes

Continue with Pilates exercises chosen to complement the focus of the class. Examples might include Single Leg Circles, Shoulder Bridge, Spine Stretch Forward, Saw, Rolling Like a Ball, Open Leg Rocker Prep, Corkscrew Prep or Teaser.

The specific exercises can vary from class to class, with the goal of giving students a recognizable and cohesive Pilates experience rather than requiring the same sequence each week.

6. Posterior chain, spinal extension & lateral work | approximately 8 minutes

This section can blend Pilates and yoga-based movements and might include Swimming, Swan/Swan Prep, Single Leg Kick, Side Kick Series, side-lying or kneeling work, Side Plank, Bird Dog, Locust, Cobra or Sphinx.

We do want some form of spinal extension and back strengthening represented in each class, whether Pilates-based, yoga-based or a combination of both.

Depending on what has already been incorporated earlier in the class, this section can also include a final challenge such as Teaser, Corkscrew, plank work or a lateral series.

7. Mobility, stretching & closing | approximately 6 minutes

Mermaid, hamstring stretches, hip opening, Supine Twist, Happy Baby, gentle forward folds and a brief centering or relaxation.

The closing should provide time to release the areas worked throughout the class and bring the practice back to a grounded, mindful finish.