

JULY – AUGUST

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:00 am	9:00 am Foundations	9:00 am Creative	9:00 am Foundations			9:00 am Creative
10:00 am						10:00 am Foundations
11:00 am			11:00 am Athletic			
12:00 pm	12:30 pm Mat		12:30 pm Mat			
01:00 pm	1:30 pm Restorative		1:30 pm Restorative			
02:00 pm						
03:00 pm						
04:00 pm			4:00 pm Mat			
05:00 pm	5:30 pm Creative	5:30 pm Foundations	5:30 pm Foundations	5:30 pm Creative		
06:00 pm	6:30 pm Athletic					
07:00 pm			6:30 pm Athletic Yoga			

Pilates Foundations	Mat Pilates	Athletic Reformer	Restorative Reformer	Creative Reformer	Athletic Yoga
<p>Perfect for beginners or those looking to solidify their understanding of Pilates, this class focuses on building a strong foundation with the essential principles of Reformer Pilates. You'll learn the fundamentals of alignment, breath, control, and core engagement, all while moving through foundational exercises that set you up for success in more advanced practices. This class is designed to help you develop proper technique and build confidence on the Reformer, ensuring a safe and effective Pilates journey.</p>	<p>This open-level class is perfect for anyone looking to build a strong foundation in Pilates while getting a full-body workout. You'll learn key principles like pelvic stability and ribcage placement, helping you move with more awareness and control both on and off the mat. A variety of props may be used to enhance the work, add challenge, or offer support. Whether you're brand new or looking to refine your technique, this class will help you build core strength, improve flexibility, and deepen your understanding of how Pilates supports functional movement.</p>	<p>Designed for athletes and active individuals, this class is the perfect complement to your sport or training routine. Think of it as active recovery with purpose. We'll move through all planes of motion to enhance strength, flexibility, stability, and mobility—key components for injury prevention and optimal performance. Expect focused, intentional movement that supports the demands of your body, whether you're training hard or simply looking to move better and recover smarter.</p>	<p>This class is designed for those who are new to Pilates, recovering from injury, or looking to rebuild strength and confidence through movement. With a focus on foundational Pilates principles, balance, and basic movement patterns, this gentle-paced class supports improved mobility, body awareness, and stability. You'll move with intention and control, using the Reformer as a tool for support and alignment. Ideal for those easing back into exercise or wanting a slower, mindful approach to movement.</p>	<p>This intermediate-level class is designed for those with prior Reformer experience who are ready to explore movement in new, creative ways. Each class offers something different—expect a blend of traditional Pilates principles with playful variations, prop integration, and dynamic sequences that challenge your strength, coordination, and control. Depending on the day, we may incorporate small props or explore inversions and new movement patterns to deepen your practice and keep things fresh. Come prepared to move, explore, and have fun!</p>	<p>A blend of yogic-inspired movements and elements of athletic training. This dynamic flow incorporates vinyasa movement patterns, strength, endurance, balance, and flexibility. Building core strength, arm balances with a blend of cardio to elevate the heart rate during mobility movement exercises while maintaining controlled breath patterns. The intention of this practice is based on body weight, flow, and increasing neuromuscular patterning for a better relationship with our joints.</p>

