



In-Studio Group Equipment Class Schedule

Reformer (limited to 5 people) and Chair (limited to 5 people) are by appointment only.
 Email info@pilatesspace.com to check availability. 7 week (INTRO) Reformer available.

Virtual Studio Class Schedule

Virtual Studio classes are for those with previous Pilates/movement experience. Read class descriptions below.

The **INTRO** class is designed for new members but is also included in the Virtual Studio memberships. **Sign-up** via your MindBody account.

September 7 to December 18, 2021. Teachers and classes are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11am Virtual Movement, Articulation, Exploration Jacqueline</p>	<p>9am Virtual Fletcher Fusion™ Jean-Charles</p> <p>11am 7 week Virtual Fletcher Fusion™ (INTRO) Sept 14 – Oct 26 Charlie</p> <p>11am Reformer Jacqueline</p> <p>1pm Reformer Charlie</p>	<p>11am Virtual Bone Health Cathy</p> <p>1pm Reformer Mary Catherine</p>	<p>11:30am Wunda Chair Jacqueline</p>	<p>10:45am Reformer Cathy</p> <p>11am Virtual Strength, Conditioning, Mobility Mary Catherine</p> <p>12pm Reformer Mary Catherine</p>	<p>9:45am Reformer Jean-Charles</p> <p>11am Virtual Matwork Plus Jane</p> <p>11am Reformer Kim</p> <p>12:15 pm Reformer Kim</p>
<p>4:30pm Virtual High Intensity Pilates Marilena</p> <p>6pm Reformer Kim</p> <p>7:15pm Reformer Kim</p>	<p>5 pm Reformer Kim</p> <p>6:15pm Reformer Kim</p> <p>7pm Virtual Fletcher Fusion™ Charlie</p>	<p>5:45pm Reformer Jean-Charles</p>	<p>5pm Virtual Fletcher Fusion™ Kim</p> <p>6:15pm 7 week (INTRO) Reformer Sept 16 – Oct 28 Charlie</p> <p>6:15pm Wunda Chair Kim</p> <p>7:30pm Reformer Kim</p>	<p>Sunday</p> <p>11am Virtual Fletcher Fusion™ Jenn</p>	

Fletcher Fusion™

A full-body workout that includes at least two of the following; Pilates Matwork, Fletcher Towelwork, Fletcher Barrework, Fletcher Floorwork.

Monday 11am Movement, Articulation, Exploration with Jacqueline

The goal for this class is to explore and articulate the whole body while increasing your own awareness. Let's expand your movement potential by discovering how momentum and gravity can work along with breath, coordination and rhythm. Gentle for those who need it, with options to increase the level of difficulty, you're sure to leave feeling more liberated and ready for the week.

Monday 5pm High Intensity Pilates with Marilena

Expect a good workout that can be moderated to be more or less challenging depending on your level. This workout is divided into 3 components that will target your upper body, lower body and core. Add-ons and equipment can be added to intensify the exercises.

Tuesdays 9am Pilates Progressions with Jean-Charles

In this class, the body will be continually challenged by asking it to perform better. It is challenged by trying to execute movements with more control and precision. These progressions will maintain the intention of the original exercises while providing a safe and fun way to improve. An ideal way to start your morning!

Wednesday 11am Bone Health with Cathy

This class will include bone friendly training using light weights and resistance bands, providing challenges to improve balance, coordination and mobility. Focusing on a whole body approach, classes will stress abdominal and pelvic floor engagement. Beneficial for everyone and safe for individuals with low bone density.

Friday 11am Strength, Conditioning, Mobility with Mary Catherine

This challenging and well-rounded class will include dynamic movement, balance and coordination tasks, as well as stability and alignment work. Drawing from Fletcher Fusion and various other movement modalities, you can expect to feel tall and strong heading into the weekend.

Saturday 11am Matwork Plus with Jane

Leave energized from this Matwork-based class which will also include elements of Fletcher Towelwork for shoulder and thoracic spine mobility and light weights for strength. Get your Saturday morning boost!