



In-Studio Group Equipment Class Schedule

Reformer (limited to 7 people) and Chair (limited to 6 people) are by appointment only.

Email info@pilatesspace.com to check availability.

8 week Reformer (INTRO) (limited to 7 people).

Mon, January 31 to Sat, April 30, 2022. Teachers and classes are subject to change.

Virtual Studio Class Schedule

Designed for those with previous Pilates/movement experience. Class descriptions below.

The VIRTUAL (INTRO) class is designed for new members but is also included in the Virtual Studio memberships. [Sign-up](#) via your MindBody account.

Fri, January 7 to Sat, April 30, 2022. 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™ Myrielle</p> <p>11am Reformer Jacqueline</p> <p>1:15pm Reformer Jacqueline</p>	<p>11am Virtual Bone Health Cathy</p> <p>1pm Reformer Mary Catherine</p>	<p>11:00am 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 Kim</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>New Class! 5pm 8 week Reformer (INTRO) Jan 31 – Mar 28 Kim</p> <p>6pm Reformer Kim</p> <p>7:15pm Reformer Kim</p>	<p>5pm Reformer Kim</p> <p>6:15pm Reformer Kim</p> <p>6pm 7 week VIRTUAL (INTRO) Jan 18 – Mar 1 Mar 15 –Apr 26 Charlie</p> <p>7pm Virtual Fletcher Fusion™ Myrielle</p>	<p>5:45pm Reformer Marilena</p>	<p>5pm Virtual Fletcher Fusion™ Kim</p> <p>6:30pm Reformer (Beginner) Charlie</p> <p>6:15pm Wunda Chair Kim</p> <p>7:30pm Reformer Kim</p>	<p>Sunday</p> <p>New Time! 10am Virtual Fletcher Fusion™ Jenn</p>	

VIRTUAL (INTRO)

New to Pilates Space? The INTRO is the best way to prepare for classes in a group format. Learn the Fletcher Fundamentals™, Towelwork®, Matwork, and a functional stretching component. Choose to repeat the Intro or progress to a variety of classes to suit your specific needs or schedule. Not recommended if pregnant or recently injured.

Virtual Studio Class Descriptions

Fletcher Fusion™

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

Movement, Articulation, Exploration

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.

High Intensity Pilates

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.

Bone Health

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.

Strength, Conditioning, Mobility

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.

Matwork Plus

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!