



## 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](mailto:info@pilatesspace.com) to check availability.

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

## 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.

**Monday May 2 to Saturday August 13, 2022. Teachers and classes are subject to change.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11am Virtual <b>Movement, Articulation, Exploration</b> Jacqueline</p>	<p>9am Virtual <b>Fletcher Fusion™</b> Cathy (May/June) Myrielle (July/Aug)</p> <p>11am <b>Reformer</b> Jacqueline</p> <p>1:15pm <b>Reformer</b> Jacqueline</p>	<p>11am Virtual <b>Bone Health</b> Cathy</p> <p>1pm <b>Reformer</b> Mary Catherine</p>	<p>11am <b>Wunda Chair</b> Jacqueline</p>	<p>10:45am <b>Reformer</b> Cathy</p> <p>11am Virtual <b>Strength, Conditioning, Mobility</b> Mary Catherine</p> <p>12pm <b>Reformer</b> Mary Catherine</p>	<p>9:45am <b>Reformer</b> Jean-Charles</p> <p>11am Virtual <b>Matwork Plus</b> Jean-Charles</p> <p>11am <b>Reformer</b> Kim</p> <p>12:15 pm <b>Reformer</b> Kim</p>
<p><b>New Class!</b> 5pm 8 week <b>Reformer (INTRO)</b> <b>May 2 – June 27</b> Kim</p> <p>6pm <b>Reformer</b> Kim</p> <p>7:15pm <b>Reformer</b> Kim</p>	<p>5pm <b>Reformer</b> Kim</p> <p>6:15pm <b>Reformer</b> Kim</p> <p><b>New Class!</b> 6pm 7 week <b>VIRTUAL (INTRO)</b> <b>May 3 – June 14</b> Charlie</p> <p>7pm Virtual <b>Fletcher Fusion™</b> Myrielle</p>	<p>5:45pm <b>Reformer</b> Marilena</p>	<p>5pm Virtual <b>Fletcher Fusion™</b> Kim</p> <p>6:30pm <b>Reformer (Beginner)</b> Charlie</p> <p>6:15pm <b>Wunda Chair</b> Kim</p> <p>7:30pm <b>Reformer</b> Kim</p>	<p><b>Sunday</b></p> <p>10am Virtual <b>Fletcher Fusion™</b> Caitlin</p>	

## Virtual Studio Class Descriptions

### **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.

### **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.

### **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!