



In-Studio Group Equipment Class Schedule

Reformer and Chair are by appointment only. Email info@pilatesspace.com to inquire.

In-Studio Group Class Schedule

In-Studio Group Class Memberships are back and now include Virtual Classes/Recordings.

Virtual Classes

Includes weekly RECORDINGS for all virtual classes.

Monday, April 29 to Saturday, August 10, 2024

Teachers and classes are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11am (In-Studio) Movement, Articulation, Exploration Jacqueline</p>	<p>11am Reformer Jacqueline</p> <p>12pm Reformer (Beginner) Jacqueline</p> <p>1pm Reformer (Intermediate) Mary Catherine</p>	<p>11am (Virtual) Bone Health Cathy</p> <p>1pm Reformer (Intermediate) Mary Catherine</p>	<p>11am Wunda Chair Jacqueline</p>	<p>10am Reformer Beginner /Intermediate Cathy</p> <p>10am (In-Studio) Strength, Conditioning, Mobility Mary Catherine</p> <p>11am (In-Studio) Bone Health Cathy May 4 - 25</p> <p>11am Reformer (Advanced) Mary Catherine</p>	<p>10am (In-Studio) Barrework Kim</p> <p>11am (Virtual) Matwork Plus Jane</p> <p>11am Reformer (Intermediate) Kim</p> <p>12:15pm Reformer (Intermediate) Kim</p>
<p>6pm Reformer (Intermediate) Kim</p> <p>7:15pm Reformer (Intermediate) Kim</p>	<p>5pm Reformer (Intermediate) Kim</p> <p>5:30pm (In-Studio) 8 week Fusion™ INTRO Apr 30 – June 18 June 25 – Aug 6 Charlie</p> <p>6:30pm (In-Studio) Fletcher Fusion™ Charlie</p> <p>6:15pm Reformer (Intermediate) Kim</p> <p>7:30pm Reformer Beginner/Intermediate Charlie</p>	<p>4:30pm (In-Studio) Spine Corrector/ Floorwork Mary Catherine</p> <p>5:30pm Reformer (Beginner) Mary Catherine</p> <p>6:30pm 8 week Reformer INTRO May 1 – June 19 Robin</p>	<p>5pm (Virtual) Fletcher Fusion™ Kim</p> <p>5:30pm 8 week Reformer INTRO May 16 – July 4 Charlie</p> <p>6:15pm Wunda Chair Kim</p> <p>6:30pm Reformer (Intermediate) Charlie</p> <p>7:30pm Reformer (Intermediate) Kim</p>		

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. 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. In-Studio class will utilize small weights, Magic Circles and Foam Roller. Great for bone health issues such as osteoporosis and especially good for post-menopausal women. **All are welcome!** Will challenge you even if you don't have any bone health concerns.

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!

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.

Barrework

The Fletcher Barrework has everything from simple leg and foot articulation to more complex, yet accessible, sequences travelling across the room. We'll use our Fletcher Fundamentals to find our organization in standing movements and build to more complex movement patterns. We'll also use our Fletcher Towelwork for a fully integrated, full body movement experience. **All are welcome!** Challenging for those with more movement experience and very user friendly for those with less.