

PILATES CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00 am The Real Routine ●●		7:00 am The Real Routine ●●	7:00 am Surf & Swim ●●		
	8:00 am The Real Routine ●●		8:00 am The Real Routine ●●	8:00 am Basics ●●	8:00 am Lean & Mean ●●	
					9:00 am Lean & Mean ●●	
	10:00 am The Real Routine ●●●		10:00 am The Real Routine ●●●		10:00 am Boot Camp Pilates ●	10:00 am The Real Routine ●●
11:00 am Lean & Mean ●●		11:00 am Pilates & Stretch ●●		11:00 am Lean & Mean ●●	11:00 am Pilates & Stretch ●●	
12:00 pm Pilates & Stretch ●●				12:00 pm Lean & Mean ●●	12:00 pm Pilates & Stretch ●●	
5:00 pm Basics ●●		5:00 pm Basics ●●			3:30 pm Basics ●●	
6:00 pm Basics ●●	6:00 pm Boot Camp Pilates ●	6:00 pm Lean & Mean ●●	6:00 pm Boot Camp Pilates ●	6:00 pm Pilates & Stretch ●●		
7:00 pm The Real Routine ●●	7:00 pm Boot Camp Pilates ●	7:00 pm Lean & Mean ●●	7:00 pm Boot Camp Pilates ●	7:00 pm Pilates & Stretch ●●		
8:00 pm The Real Routine ●●	8:00 pm Boot Camp Pilates ●		8:00 pm Boot Camp Pilates ●			

● Beginner ● Intermediate ● Advanced ● Boot Camp

CLASS DESCRIPTIONS

BASICS

This class is perfect for the beginner in need of understanding the classical principles of Pilates movement, alignment and breathing. An opportunity to understand your body's connectivity and ALIGNMENT while still experiencing a challenging and firming workout. Even for the advanced student it is always beneficial to revisit the basics periodically for a refresher course.

BOOT CAMP PILATES

The boot camp of Pilates – challenging, outrageously fun and dynamic for those who want to sweat and take their stamina and endurance to another level. Weights and various props are used and adjusted to clients individual needs.

LEAN & MEAN

This high energy class highlights fitness, form and fun. The time spent in this class will focus on challenging and improving your core muscle strength, alignment and endurance. The result will be a sculpting of all the long muscle groups and supporting postural muscles.

PILATES & STRETCH

Designed to balance strength and alignment while also incorporating various stretching techniques. This class will deliver high intensity core conditioning with classical Pilates work while targeting all postural muscle groups. A restorative class for the tight-of-body focusing on sculpting long, lean muscles.

SURF & SWIM

Increases your strength, circulation and calorie burn. Advanced exercises target your inner and outer thighs, upper arms, chest, and powerhouse areas. Targeted areas are challenged using many of the common body forms used in surfing and swimming.

THE REAL ROUTINE

Intermediate and Advanced students focus on dedication to proper alignment, breathing, rhythm and transitions of the work. This class will challenge and improve your core muscle strength, alignment and endurance. Magic circles, jumping boards, therabands and other props are often incorporated.

Our Pilates Instructors



Britt Dirk Jedda Liam Michelle Milla Pablo Serene Stephen

PRICES

GROUP REFORMER CLASSES:

Initial Class: \$20
 1 Class: \$35
 10 Classes: \$250
 20 Classes: \$450
 50 Classes: \$1000

PRIVATE SESSIONS:

Individual: \$75/hour
 Duet: \$40/hour

Call our office to schedule your pilates class: (323) 930-WELL

Please note: Classes with less than 2 participants are subject to cancellation and/or rescheduling.

All cancellations require 24 hour notification in order to avoid penalty, no exceptions.

All classes are limited to five participants and utilize the Balanced Body Allegro Reformers.