

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
To SIGN UP for the studio or 1st time in a class GOTO Performance PilatesFL.com or Text or Call 941-962-8875 ONCE YOUR account is set up you can USE THE MINDBODY APP 		30 8 Begin Weight Lifting (Chris) 9 Fuse Challenge (Mike) 10 Begin Weight Lifting (Chris)	1 8 Fuse Challenge (Mike) 10 Athletic Circuit (Mike)	2 8 Begin Weight Lifting (Chris) 10 Begin Weight Lifting (Chris)	3 9 Athletic Circuit (Mike) 10 Fuse Challenge (Mike)	4 8 Begin Weight Lifting (Mike)
		7 8 Begin Weight Lifting (Chris) 9 Fuse Challenge (Mike) 10 Begin Weight Lifting (Chris)	8 8 Fuse Challenge (Mike) 10 Athletic Circuit (Mike)	9 8 Begin Weight Lifting (Chris) 10 Begin Weight Lifting (Chris)	10 9 Athletic Circuit (Mike) 10 Fuse Challenge (Mike)	11 9 Athletic Circuit (Mike) 10 Begin Weight Lifting (Chris)
		14 8 Begin Weight Lifting (Chris) 9 Fuse Challenge (Mike) 10 Begin Weight Lifting (Chris)	15 8 Fuse Challenge (Mike) 10 Athletic Circuit (Mike)	16 8 Begin Weight Lifting (Chris) 10 Begin Weight Lifting (Chris)	17 9 Athletic Circuit (Mike) 10 Fuse Challenge (Mike)	18 9 Athletic Circuit (Mike) 10 Begin Weight Lifting (Chris)
Pricing below is discounted for Cash or Checks. Please ask for pricing for Debit/Credit Cards Packages expire after 1 YEAR After activation		21 8 Begin Weight Lifting (Chris) 9 Fuse Challenge (Mike) 10 Begin Weight Lifting (Chris)	22 8 Fuse Challenge (Mike) 10 Athletic Circuit (Mike)	23 8 Begin Weight Lifting (Chris) 10 Begin Weight Lifting (Chris)	24 9 Athletic Circuit (Mike) 10 Fuse Challenge (Mike)	25 9 Athletic Circuit (Mike) 10 Begin Weight Lifting (Chris)
		28 8 Begin Weight Lifting (Chris) 9 Fuse Challenge (Mike) 10 Begin Weight Lifting (Chris)	29 8 Fuse Challenge (Mike) 10 Athletic Circuit (Mike)	30 8 Begin Weight Lifting (Chris) 10 Begin Weight Lifting (Chris)	31 9 Athletic Circuit (Mike) 10 Fuse Challenge (Mike)	1 9 Athletic Circuit (Mike) 10 Begin Weight Lifting (Chris)

PILATES / CORE ALIGN / FUSE / POWER BAR / BARRE

Single (Drop in) \$30 per class
10 Pack \$250 (\$25 per class)
20 Pack \$400 (\$20 per class)

THE BATTLE GROUND - Weight Lifting Classes

Single (Drop in) \$45
5 Pack \$200 (\$40 per class)
10 Pack \$350 (\$35 per class)

FUNCTIONAL STRENGTH TRAINING

30 Min. Session

Single \$60
5 Pack \$275 (\$55 per Session)
10 Pack \$500 (\$50 per Session)

60 Min. Session

Single \$80
5 Pack \$350 (\$70 per Session)
10 Pack \$650 (\$65 per Session)

Athletic Circuit - Want to get stronger, increase your endurance & burn the calories? Then this Athletic Circuit will be for you. You will train at individual stations while on the clock. Rotating around the room from exercise to exercise using various pieces of equipment like the Fuse Ladders, TRX, Row Machine and Assault bike to name a few. You will want to bring your "A" game to this class! (Athletic shoes optional)

Barre - An interval cardio class in which uses a ballet barre with a large focus on the core and lower body, especially the hips and butt. It is a toning, body-weight-lifting workout that engages your muscles with high-reps and low-impact movements. Feel the burn, stretch to the limits, I can't take it anymore... Pilates Barre!

Begin Weight Lifting - This class will increase your strength and muscle mass. With a small group of 4 people, this class will focus on giving you an introduction to the foundation exercises of weightlifting. Including squat, bench press, deadlift, and overhead press. You will learn the correct form, how to focus on specific muscle groups during exercises, and help build a muscle mind connection for future advanced lifts. So, if you are looking to get the most out of your exercises, injury prevention, and strength development welcome to beginner weightlifting!

Fuse Challenge – A fun, athletic, high intense challenging and ever-changing work out. A versatile strength, flexibility & balance training. It combines spring weight, standing and floor exercising all while using the ladder rungs as needed for additional moves. (Athletic shoes optional)

Power Bar – A strength, endurance, and conditioning workout for EVERYONE. You will get a full body workout customized to you because you will choose your own weighs, reps, and speed so anyone can take the class. You will use bars and weights, dumb bells, a step at your own station to get you stronger and more fit.
50 Minutes

Fuse Balance and Pilates – If you are looking to improve your balance, increase your flexibility, and stretch out some muscles this class is for you! This low impact class will utilize the Fuse Ladders functionality of spring-loaded handles and polls that can be moved in various locations to challenge your focal points to maintaining your balance. You will learn how to distribute your weight to remain upright and steady. This is a great class for anyone to take. Come have some fun while keeping your balance!

Notes

**Class times are scheduled if there is enough people for time slot. Min. 2 people required. All classes require 12hr cancelation policy and clients will be charged if they do not give at least a 12-hour notice. No Refunds. Emily Condensa 941-962-8875 econdensa@gmail.com*