Performance PILATES November Studio A

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		3 9a Pilates (Diana) 10a Pilates 11a CoreAlign 4p Pilates 5p Cadillac Flow	4 8a Pilates Challenge 9a Pilates Challenge 10a Pilates (Diana)	5 9a Pilates (Diana) 10a Pilates 11a Cadillac Flow 5p Pilates (Diana)	6 8a Athletic Cadillac 10a Pilates (Jill) 12 Pilates Aligned (Mike)	7 9a Pilates 10a Pilates 11a Cardio Pilates (Jill) 12p Pilates Restore (Jill)
		10 9a Pilates (Diana) 10a Pilates 11a CoreAlign 4p Pilates 5p Cadillac Flow	11 8a Pilates Challenge 9a Pilates Challenge 10a Pilates (Helen)	12 9a Pilates (Diana) 10a Pilates 11a Cadillac Flow 5p Pilates (Jennifer)	13 8a Athletic Cadillac 10a Pilates (Helen) 12 Pilates Aligned (Helen)	14 9a Pilates (Jennifer) 10a Pilates (Jennifer) 11a Cardio Pilates (Helen) 12p Pilates Restore (Helen)
		17 9a Pilates (Diana) 10a Pilates 11a CoreAlign 4p Pilates 5p Cadillac Flow	18 8a Pilates Challenge 9a Pilates Challenge 10a Pilates (Helen)	19 10a Pilates 11a Cadillac Flow 5p Pilates (Jennifer)	20 8a Athletic Cadillac (Diana) 10a Pilates (Helen) 12 Pilates Aligned (Helen)	21 9a Pilates 10a Pilates 11a Cardio Pilates (Helen) 12p Pilates Restore (Helen)
Pricing below is discounted for Cash or Checks. Please ask for Credit/Debit cards pricing Packages expire after 1 YEAR		24 9a Pilates (Jill) 10a Pilates 11a CoreAlign 4p Pilates 5p Cadillac Flow	25 8a Pilates Challenge 9a Pilates Challenge 10a Pilates (Helen) 11a PLANKGIVING	26 THANKSGIVING 9a PLANKGIVING 10a PLANKGIVING 11a Cadillac Flow	27 8a PLANKSGIVING CADIFLOW 10a Pilates (Helen) 12 Pilates Aligned (Helen)	28 9a Pilates 10a Pilates 11a Cardio Pilates (Helen) 12p Pilates Restore (Helen)
I CAN. I WILL. I MUST. TAKE PILATES		1 9a Pilates (Diana) 10a Pilates 11a CoreAlign 4p Pilates 5p Cadillac Flow	2 8a Pilates Challenge 9a Pilates Challenge 10a Pilates (Helen)	3 9a Pilates (Diana) 10a Pilates 11a Cadillac Flow 4p Cardio Pilates (Jennifer) 5p Pilates (Jennifer)	4 8a Athletic Cadillac 10a Pilates (Helen) 12 Pilates Aligned (Helen)	5 9a Pilates 10a Pilates 11a Cardio Pilates (Helen) 12p Pilates Restore (Helen)

PILATES / CORE ALIGN CLASSES

Single (Drop in) $35 per class
10 Pack $300 ($30 per class)
20 Pack $500 ($25 per class)

SEMI-PRIVATE SESSIONS

Single $70 / 5 Pack $325 / 10 Pack $600

PRIVATE SESSION

Single $90 / 5 Pack $400 / 10 Pack $700

Pilates – The OG Pilates class utilizing the reformer for all levels. Whether you want to take it easy or work a little harder depending on how you feel that day, the instructor will offer progressions or modifications on an individual class basis. Using traditional exercises with a contemporary twist this class will help you work on your posture by including all movements of the spine. All while strengthening and lengthening your body to help you feel stronger, increase your flexibility, and focus on finding your core connection.

Pilates Aligned – Get the best of both worlds with this combination class utilizing both the Pilates Reformer and the Corealign. Between working on your balance on the CoreAlign® and strengthening your core on the Reformer, you will get everything you need all in one class.

Pilates Restore - A Pilates equipment class at a slower pace to focus on finding the mind-body connection. Perfect if you are trying Pilates for the first time or are needing an extra stretch or modifications. You will work on strengthening your core and increasing your flexibility to leave your body feeling restored.

Pilates Challenge – (Advanced Class) Ready for a challenge? Try this Pilates equipment class with advanced exercises for the Pilates enthusiast that would like to take it up a notch! Using the Reformer and a variety of props this class will go at a little faster pace and push you to your limits. It will leave you feeling energized and accomplished for the day! Highly recommended you are familiar with the equipment and have been doing Pilates for a while.

Cardio Pilates - Looking to get your heart rate up a little? Utilizing the Jumpboard, this Pilates Reformer class will incorporate cardio in an interval format to increase bone density and burn calories. It is a high energy class with quick transitions and plyometric movements that have low impact on your joints. The Jumpboard allows you to have a fun and unique cardio workout that you can't wait to jump into!

CoreAlign - CoreAlign® is a combination of a ladder and a platform with two movable carts. It was designed by a physical therapist to improve posture, balance, and functional movement while in an unstable body position (standing, planking, etc). It is part mind-body, part strength, part cardio, and totally unique! CoreAlign® stimulates core stability and muscles have to function in a timely manner as you perform challenging exercises, deep stretches, and core-controlled aerobic training. It is a great way to connect the muscular system to the nervous system leaving you feeling buoyant and strong.

Cadillac Flow – An all-Cadillac class that emphasizes technique and alignment with a focus on utilizing your core. Find the flow of your body through the mind-body connection and working on exercises that keep you engaged to create length and improve your posture. This class will help you increase your flexibility, stability, and strength and make your body move and feel better.

Athletic Cadillac – (Advanced Class) Designed for the athletes of Pilates, this all-Cadillac class will give you a varied full body workout while keeping the exercises fun and challenging. Whether you are sitting, standing, kneeling, lying, or even upside down – it will be the most unique and diverse Pilates class. It will help build long lean muscles while increasing your strength and endurance throughout the entire body.

Pilates (Instructor in Training) – A Reformer class taught by one of our Instructors in training. Instructors need 400 hours to complete their certification. Class is limited to 4-6

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