Performance Pilates — November — The Battle Ground

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 8 Intermediate Weight Lifting (Sophia) 9 Intermediate Weight Lifting (Sophia) 10 Intermediate Weight Lifting (Sophia) 11 Tight Butts No Guts (Sophia)	4 8 Fuse Challenge (Mike) 9 Athletic Circuit (Mike) 10 Begin Weight Lifting (Sophia)	5 8 Intermediate Weight Lifting (Sophia) 9 Intermediate Weight Lifting (Sophia) 10 Intermediate Weight Lifting (Sophia)	6 9 Fuse Challenge (Mike) 10 Begin Weight Lifting (Sophia) 11 Fuse Balance (Mike)	7 9 Athletic Circuit (Sophia) 10 Begin Weight Lifting (Sophia) 11 Tight Butts No Guts (Sophia)
		10 8 Intermediate Weight Lifting (Sophia) 9 Intermediate Weight Lifting (Sophia) 10 Intermediate Weight Lifting (Sophia) 11 Tight Butts No Guts (Sophia)	11 8 Fuse Challenge (Mike) 9 Athletic Circuit (Mike) 10 Begin Weight Lifting (Sophia)	12 8 Intermediate Weight Lifting (Sophia) 9 Intermediate Weight Lifting (Sophia) 10 Intermediate Weight Lifting (Sophia)	13 9 Fuse Challenge (Mike) 11 Begin Weight Lifting (Sophia) 12 Fuse Balance (Mike)	14 9 Athletic Circuit (Sophia) 10 Begin Weight Lifting (Sophia) 11 Tight Butts No Guts (Sophia)
		17 8 Intermediate Weight Lifting (Sophia) 9 Intermediate Weight Lifting (Sophia) 10 Intermediate Weight Lifting (Sophia) 11 Tight Butts No Guts (Sophia)	18 8 Fuse Challenge (Mike) 9 Athletic Circuit (Mike) 10 Begin Weight Lifting (Sophia)	19 8 Intermediate Weight Lifting (Sophia) 9 Intermediate Weight Lifting (Sophia) 10 Intermediate Weight Lifting (Sophia)	20 9 Fuse Challenge (Mike) 10 Begin Weight Lifting (Sophia) 11 Fuse Balance (Mike)	21 9 Athletic Circuit (Sophia) 10 Begin Weight Lifting (Sophia) 11 Tight Butts No Guts (Sophia)
Pricing below is discounted for Cash or Checks. Please ask for pricing for Debit/Credit Cards Packages expire after 1 YEAR After activation		24 8 Intermediate Weight Lifting (Sophia) 9 Intermediate Weight Lifting (Sophia) 10 Intermediate Weight Lifting (Sophia) 11 Tight Butts No Guts (Sophia)	25 8 Fuse Challenge (Mike) 9 Athletic Circuit (Mike) 10 Begin Weight Lifting (Sophia)	26 8 Intermediate Weight Lifting (Sophia) 9 Intermediate Weight Lifting (Sophia) 10 Intermediate Weight Lifting (Sophia)	27 9 Fuse Challenge (Mike) 10 Begin Weight Lifting (Sophia) 11 Fuse Balance (Mike)	28 9 Athletic Circuit (Sophia) 10 Begin Weight Lifting (Sophia) 11 Tight Butts No Guts (Sophia)
		1 8 Intermediate Weight Lifting (Sophia) 9 Intermediate Weight Lifting (Sophia) 10 Intermediate Weight Lifting (Sophia) 11 Tight Butts No Guts (Sophia)	2 8 Fuse Challenge (Mike) 9 Athletic Circuit (Mike) 10 Begin Weight Lifting (Sophia)	3 8 Intermediate Weight Lifting (Sophia) 9 Intermediate Weight Lifting (Sophia) 10 Intermediate Weight Lifting (Sophia)	4 9 Fuse Challenge (Mike) 10 Begin Weight Lifting (Sophia) 11 Fuse Balance (Mike)	5 9 Athletic Circuit (Sophia) 10 Begin Weight Lifting (Sophia) 11 Tight Butts No Guts (Sophia)

PILATES / CORE ALIGN / FUSE / CIRCUIT

Single (Drop in) $35 per class

10 Pack $300 ($30 per class)

20 Pack $500 ($25 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 $70

5 Pack $300 ($60 per Session)

10 Pack $550 ($55 per Session)

60 Min, Session

Single $90

5 Pack $400 ($80 per Session)

10 Pack $700 ($70 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)

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 Begin Weight Lifting!

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)

Fuse Flow - Utilizing the Fuse Ladder and all its options this class will include a combination of Pilates exercises and Yoga postures with a focus on building core strength, flexibility and balance. Come balance, stretch, strengthen and align yourself in this great class utilizing free flowing moves and techniques. Feel the energy and restoration after this class. Feel the energy and restoration after this class.

Fuse Balance – 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!

Tight Butts No Guts - Want to firm up where you may need it? Enjoy the class that will concentrate on the gluts and core to bring that look back to where you want. Extremely fun for some, a lot of work for others, rise up to the challenge and enjoy the results that will be looked upon.

Yoga - A lighthearted, all levels yoga class. You will be guided through a series of yoga poses uniting breath to movement facilitating your mind-body connection while increasing your flexibility, balance, and strength.

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