

PILATES CLASSES

PILATES

Pilates strengthens the core by toning and lengthening the muscles in the trunk of the body. Utilizing controlled fluid movement and breathing, participants learn how releasing stress in one part of the body can improve mobility in other parts. Pilates decompresses joints, releases muscle tension and improves strength and posture through the neck, abdominals and lower back.

PILATES MAT I

These Pilates-based mat classes are designed to strengthen the core of the body. You will feel lengthened, stretched and strong! Class I is a beginning level class.

PILATES MAT II

Class II is an intermediate level class designed for those with prior Pilates experience.

PIYO

This is a high-intensity, low-impact workout for a new kind of strong. PiYo is a blend of pilates and yoga-inspired moves cranked up to the speed that gives you full throttle cardio, strength, and flexibility training — all at once.