

Description of Classes

Barre: Combining traditional ballet exercises with the precision indicative of the Fletcher style, the Fletcher Barre work is a great toning workout. You will be standing at the barre for this work, developing postural strength and grace.

Equipment Class: Using our studio equipment this class provides a well-rounded, strength-building challenge. Equipment class students meet specific requirements before being approved for participation (see your instructor for details). Always supplement your equipment classes with group classes and private sessions! Limit: 5 students. See below for pricing.

Feldenkrais®: The Feldenkrais Method® is a system of movement education which enables the individual to access his or her own ability to improve movement patterns, making movement effortless and natural. The gentle movement sequences activate the intrinsic intelligence of the nervous system and teach how to better activate the whole self.

Fletcher Floorwork: The Floorwork expands on the traditional Pilates matwork exercises in thoughtful and creative expressions that depart from the classic structure while retaining the original intention of each movement. Floorwork is amazing strengthening work for hips and lower back!

Fletcher Towelwork and Floorwork™: Utilizing a braided towel and percussive breath, this incredible standing-oriented workout improves postural alignment, works shoulder girdle stabilization, and more.

Foundations of Yoga: Students will learn postures practiced in Vinyasa flow and Ashtanga style yoga at a slower, more sustained pace. Use of supportive props (straps, blocks, bolsters and blankets) will assist with flexibility and balance, while paying attention to detail and precise alignment. Each class will include restorative poses, relaxation, meditation, and philosophy.

Magic Circle Class: This class energizes the traditional Pilates matwork with the Magic Circle (a steel-banded resistance ring designed by Joseph Pilates). In addition, you'll discover challenging new exercises to intensely work your core musculature and get a full body workout!

Pilates Mat: This mixed-level class teaches beginning and intermediate level matwork sequences. On Saturday mornings at 9am, the Advanced Mat class takes you through all 36 matwork exercises--a challenging, flowing workout!

Pilates for Men: This class addresses the specific needs of men: hamstring stretching, major core work, and overall postural strength. Join us for this great workout!

Pilates Plus: Traditional Pilates matwork, plus serious stretching, roller work, and more!

Powerhouse Pilates: A straight forward, non-technical workout designed to make you feel the burn!

Pre/Post-Natal Pilates: Bring your baby or your belly to this 90-minute class. We focus on overall body toning, pelvic stability, core strength, increasing energy in preparation for birth, and recovery of your pre-baby body--only better. Each class will also include a healthy snack, and informational segments on nutrition, infant development, etc. New moms--please bring a carrier, stroller or infant car seat for some "hands free" time. challenging class!

Small Barrel: Using a portable piece of the Pilates apparatus commonly referred to as the Spine Corrector or the Clara Barrel (for Clara Pilates!), this intermediate class opens and elongates the spine, strengthens the abdominals, and works the entire body with a focus on spinal mechanics. Prior Pilates experience and consistent attendance is strongly recommended.

Wise Woman Yoga: Addressing issues specific to peri-menopause, menopause and graceful aging, this class will focus on bringing strength and flexibility to the spine, balance to the endocrine system, and focus to the mind while soothing and cooling the nervous system, and fostering relaxation to promote a good night's sleep.

Pricing

Drop in	\$16
Series of 5 (<i>exp. 90 days</i>)	\$70
Monthly Basic Membership (<i>unlimited group classes</i>)	\$85
Single Equipment Class	\$35
Series of 10 (<i>exp. 90 days</i>)	\$300

