

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®: This is a gentle movement class that helps you unwind old body habits that may be causing discomfort and enables you to access your own ability to make movement more free and effortless.

Fletcher Floorwork™: The Floorwork expands on the traditional Pilates matwork exercises with movements inspired by modern dance Floorwork is amazing strengthening work for hips and lower back!

Fletcher Towelwork™: Utilizing a braided towel and percussive breath, this incredible standing 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.

Gentle Stretch Yoga: This class is an introduction to basic sitting and standing yoga poses, emphasizing stretching, coordination of breath with movement and attention to alignment. Gentle Stretch Yoga is designed to create breath awareness, enhance balance, and increase flexibility for people new to yoga or for those experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations.

Hardcore Pilates: Put your Pilates "core" to the test in this class! This intermediate/advanced class is designed to challenge your strength and stamina. We will combine Pilates and athletic skills to create a challenging workout. Previous Pilates experience required, or approval of teacher first.

Magic Circle: 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!

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

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.

Yoga Movement: "Yoga Movement" is a form created by Gay White which combines the flow of dance with the precision and alignment of Iyengar Yoga. Emphasis for this advanced class will be learning techniques for moving through sequences of poses, as well as in and out of individual asanas, with grace and control. Students have experience with standing and supine poses and are moving toward back-bending, inversions, and arm balances.

Pricing

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| Drop in | \$16 |
| Series of 5 (exp. 90 days) | \$70 |
| Monthly Basic Membership (unlimited group classes) | \$99 |
| Single Equipment Class | \$35 |
| Series of 10 (exp. 90 days) | \$300 |

