



CLASS DESCRIPTIONS

ANULA MAIBERG

When in Doubt: Rolling Like a Ball -

What do you do when your brain draws a blank? What do you do to pick things up? What do you do to get a good laugh? We'll have an hour of a full body experience because duh... Pilates... but we'll move through the lens of Rolling and how Like A Ball is just the beginning.

Shift Happens (taught with James Crader) -

It's the classic design question - what's more important, form or function? The truth is both. Often as students and teachers we fear names of exercises, resist exploring, and are generally stymied by the idea of being right or wrong. What happens when we shift away from those old paradigms and begin to explore why's and tries? Shift Happens is about exploring movement foundations and potential through the lens of Contrology, or the philosophies developed by Joseph Pilates. We'll dive in and out of the 34 Mat exercises while investigating what it is we're practicing with each movement. Our hope is that your practice shifts from a performance of gestures to an embodiment of movement, joy, and discovery.

COURTNEY MILLER

Baby's Got Back -

Working those glute muscles does more than tone your backside! It helps develop strength in your posterior chain, one of the most functionally important parts of the body. Join Courtney as she takes you through a Pilates mat class focusing on the back body, including hamstrings, back extensors and, yes, your glutes!

Pilates/HIIT Fusion -

Get ready to increase your heart rate and get your sweat on! In this class you can expect mat Pilates exercise flows with intervals of High Intensity Interval Training drills throughout. Challenge yourself and find your strength in this energizing class!

DELIA BUCKMASTER

Pilates Awaken -

Powerful, precise, and physical workout for the Pilates purist. In this class you will move your body from exercise to exercise while focusing on posture and breathing. Awaken yourself to the power that is Pilates.

Mat Pilates Sculpt -

In this innovative class you will flow through variations of Pilates exercises interspersed with barre moves adapted for the mat. The workout is layered with modifications and will end with restorative based movement, leaving you perfectly connected in mind, body and spirit.

GRACE HURRY

Brit Pop Pilates! -

Set to the 'Best of British' pop music, this class is for anyone who loves moving to a good playlist! We will build progressive sequences of Pilates repertoire, adding layers of fun choreography, to celebrate the awesome music of my countrymen and women!

Cadillac on the Mat -

The Cadillac is often the rarest machine seen in the typical Pilates studio due to its size, expense and functionality. This class aims to bring some of the unique benefits of the Cadillac to the mat. Using resistance bands and body weight we will explore how the Cadillac repertoire can be interpreted without the heavy machinery!

JAMES CRADER

Movement Lab: Pilates -

How can a wiggling, rolling, rocking, crawling, slithering, breathing and feeling practice help you be better at Pilates? Take this class and found out. We'll play with primary movement skills and see how they directly prepare for and progress into the more nuanced movements of Classical Pilates. It's about exploring how you feel when you move so you can make better choices in how you practice YOUR Pilates. So, join me in the Lab to learn something new about your body!

JENN PERELL

Creativity and Purpose -

Step into a powerful vinyasa yoga practice with Jenn and step out with a more expanded view of what's possible for you and how to create from this clearer vision of your personal purpose.

Rhythm and Power -

Let the music guide you through this this vinyasa style yoga class. We will move powerfully and gracefully to the rhythm of the beat. Get ready to put the muse in music as you get your flow on.

JENNA ZAFFINO

Movement Mantras -

Mantras are words or phrases used to invoke or shift energy. In this class, participants will experience the power that the mind has to influence movement and thought patterns in a positive, uplifting environment. Get ready for "all the feels!"

Breathe With Me -

Join Jenna to experience a beautiful departure from the "norm" of mat class. Moving in unison and guided by breath patterns, participants will be challenged to practice awareness, presence and connection through a magical movement sequence that honors the guiding principles of Momentum Fest.

JESSICA VALANT

Becoming a Wonder Woman -

What does it actually mean to strengthen your pelvic floor? How do you truly connect to your lower abdominals? In this Pilates mat class we will discuss ways to actually find your pelvic floor muscles as we move through exercises addressing diastasis recti, prolapse and pelvic floor dysfunction. You will leave feeling empowered and embracing your status as a Wonder Woman!

The Power of Twists -

Our bodies are made to spiral and rotate through life! Join Jessica as she takes you through a powerful Pilates-based mat class exploring all the ways our bodies twist, and how this movement can help improve the mobility of your spine. Come ready to use your obliques and explore the power of the twist.

LESLEY LOGAN

Reformer on the Mat -

Missing your Reformer or just wishing you could do the Reformer when you're on your mat? Enjoy a creative flow of reformer exercises and connect to your mat in more ways than one. This class will tour through the Reformer order and with some support from the mat work. Let your body spring into Pilates action in this class and challenge what you know from the reformer!

Finding Your Flow -

It's so easy to get obsessed with setting up everything "perfectly" when doing your Pilates workout. But what if you through perfections and set ups out the window? What if, instead of 34 mat exercises, there was just one - the mat? Join us as we find joy and flow in our bodies and our movement.

MEREDITH ROGERS

Back to Basics -

Fundamental Pilates movements are incredibly important as they serve as the building blocks for more complicated choreography. It is with these foundational ideas and techniques that we are able to build strength and stamina and bring depth to our Pilates practice. This class will highlight the necessity to return again and again to the basics to deepen our connection to our bodies and our breath. All lovers of movement from the most seasoned practitioner to those newly embarked on their Pilates journey can benefit from an exploration of the movements that are the cornerstone of this practice.

The Circle of Breath (Pilates with the Ring) -

In this BASI flow style workout we will play with fun and creative ways to use the ring to bring awareness and intensity to our movements. This class will use the magic circle to highlight breath and how we can utilize it to encourage core connection. Bring an open mind and come ready to explore some of the many variations offered by this amazing prop.

TRACEY MALLETT

barreless -

bbareelss is about connecting your mind to the body so that you not only strive to move with precision but also have FUN! Classic barre exercises have been adapted to be performed in the center of the room either standing or on the floor. You will challenge the core for balance and

total body proprioception. Dancers have performed floor barre for generations as it allows them to explore new movements and gives them the strength to move with elegance and ease utilizing the floor for support. Now you can too!

bootybarre -

bootybarre is a fun, energetic workout that fuses techniques from dance, Pilates and yoga that will tone, define and chisel the whole body! bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre.

Pilates with the Band -

This unique Pilates mat class shows you how to use the band for both assistance and resistance in your workout. Work your total body by commencing with standing arm work and finishing on the floor with classic mat Pilates exercises to work the core, mid upper back and flexibility of the lower body.

TRINA ALTMAN

Pilates Deconstructed®: Arch, Curl, Connect & Unwind -

In traditional Pilates exercises, we often experience movement in a single plane. While this improves strength and stability, life happens in 3 dimensions. Expect to explore rotation and spiraling movements across multiple planes for greater freedom, function, and ease of movement.

Yoga Deconstructed®: Rock Star Shoulders -

If you struggle with poses like Side Bend, Star, or Wild Thing, because your wrists and shoulders hurt, then this class is for you. In Rock Star Shoulders, you'll experience fun and playful stability and mobility exercises for the shoulders, spine, and hips to decrease discomfort and prepare for loading the upper body in challenging positions.

[Register and sign up for classes here!](#)

