



Small Group Training Schedule


Mon



10 - 11 AM
PILATES MAT WITH PROPS (LVL 1-2)
Chip C.




12 - 1 PM
STRENGTHEN, STRETCH, & BALANCE
Rachel L.




6:15 - 7:15 PM
PILATES ON TOTAL GYM (LVL 1-2)
Chip C.

Tues



10:30 - 11:30 AM
WOMEN'S STRENGTH TRAINING
Ashley C.



6:30 - 7:30 PM
PILATES WITH MAT (LVL 3)
Grace B.

Weds



7 - 7:45 AM
BALL AND BAND
Jen G.




11 - 12 PM
PILATES 1
Maeve T.




6:15 - 7:15 PM
TRX/KETTLEBELL CIRCUIT
Bobby S.

Thurs




11:15 - 12:15 PM
PILATES ON TOTAL GYM
Chip C.


Friday



7 - 7:45 AM
BALL AND BAND
Jen G.




11 - 11:55 AM
WOMEN'S STRENGTH TRAINING
Ashley C.




12 - 1 PM
MOBILIZE AND STRETCH
Rachel L.

Sat



8 - 9 AM
STRENGTH AND CONDITIONING
Brian L.



12 - 1 PM
PILATES 1
Maeve T.

Color Key:

VIRTUAL

IN-
PERSON

HYBRID

Scan to view classes
and register:





Small Group Training Descriptions

PILATES MAT WITH PROPS (LVL 1-2)

Strengthen your foundation with this Pilates level 1 & 2 class, perfect for all levels with modifications to suit your needs. Focus on building core strength, improving balance, and enhancing posture through controlled, mindful movements. Leave each session feeling stronger, more aligned, and more confident in your body.

STRENGTH, STRETCH, AND BALANCE

A class for all levels designed to boost your flexibility, stability, and coordination while building strength. Feel better, move better, live better!

PILATES ON TOTAL GYM

This class is suitable for intermediate levels, especially for those who have already mastered Level 1–2 Pilates. It focuses on building core strength and enhancing stability while in motion. Participants can expect benefits such as improved core strength, better posture, and increased mobility.

WOMEN'S STRENGTH TRAINING

Empower yourself with this women's strength class, perfect for all levels - even beginners! Master the fundamentals of squats, lunges, hinges, pressing and pulling using a variety of equipment. Build strength, improve your technique, and boost your confidence in a supporting, encouraging environment.

PILATES MAT WITH PROPS (LVL 3)

Take your Pilates practice to the next level with this Level 3 class, designed for intermediate enthusiasts. Dive into advanced exercises that challenge your stability, balance, and movement quality. Build enhanced core strength, refine your technique, and elevate your overall Pilates performance.

PILATES 1

This class is suitable for all levels and focuses on developing core strength, balance, and proper posture. Participants can expect improved core strength, enhanced balance, and better overall posture.

TRX KETTLEBELL CIRCUIT

Level up your workout with this TRX and kettlebell circuit! Perfect for intermediate to advanced levels, this class hits strength, stability, and endurance while keeping your heart pumping. Crush your fitness goals, feel unstoppable, and walk out stronger and fitter than ever!

STRENGTH AND CONDITIONING

Get ready to sweat in this all-levels bootcamp that combines cardio, strength training and functional movements for a full-body workout. Designed to improve strength, agility, balance and overall fitness, this class keeps you moving, challenging yourself, and feeling accomplished every step of the way.

BALL AND BAND

Get strong, stable, and ready for anything with this intermediate-level class. Using exercise balls, bands, and foam rollers, you'll improve mobility, build strength, and boost your balance and control. Perfect for refining performance, preventing injuries, and feeling your best - inside and out!

MOBILIZE AND STRETCH

Gain ease of movement and greater range of motion in this all-levels class. We'll do stretches and gentle mobilisers to help lengthen and loosen the body. You'll also learn modifications and variations to traditional stretches.

Color Key:

VIRTUAL

IN-
PERSON

HYBRID