

Small Group Training

Class Name	Class Type	Description
Advanced Pilates	4 Point Class	This class takes Transformation Pilates to the next level. Clients must complete 30 Transformation Pilates sessions or be approved by the instructor.
Arms & Abs	2 Point Class	This 30 minute class is a complete upper body and abdominal workout. You will work your chest, back, shoulders, and arms along with abdominals for the most efficient workout ever. This is an intense non-aerobic conditioning class that focuses on the arms, abdominal and lower back regions. Enhances upper body definition, abdominal strength, core stability, and strengthens the lower back. This class will hit you where it counts!
Ball, Bands & BOSUs	6 Point Class	Talk about a great workout! You'll improve your core strength, flexibility, range of motion, and cardiovascular endurance. This class is a great addition to any workout routine if you're looking to add variety and a new challenge!
Balls, BOSUs and Bands Express	3 Point Class	Talk about a great workout! You'll improve your core strength, flexibility, range of motion, and cardiovascular endurance. This class is a great addition to any workout routine if you're looking to add variety and a new challenge!
BOOTCAMP	6 Point Class	Are you ready to take your work-out to the next level? If so, this class is for you! Bootcamp is an advanced class that incorporated Level II Transformation Pilates, Functional Training, and SPINNING® into one dynamic and energetic class. This class will promote muscular strength, endurance, core stability and when done regularly, will help promote weight loss and increased muscle tone. Must wear tennis shoes! Heart Rate Monitor Highly Recommended!
Core Dynamics	6 Point Class	Get Functional! This is a great Functional Strength Training Class that will challenge your balance, stability and core strength!
Duathlon	6 Point Class	This class is a great cardio workout that combines intervals of SPINNING and running. If you're not a runner but still want to participate, you have the option to walk or power walk during the running interval.
Footloop Fiesta	2 Point Class	If you LOVE footloops, then this class is for you! This 30-minute class will incorporate footloop exercises on the reformer and combine both strength and flexibility exercises.
Get on the Ball	3 Point	This class is all about the CORE! In this 30 minute class you

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	Class	will work-out using stability balls, medicine balls, BOSUs, and mini balls to challenge your total body while focusing on your core muscles.
Hard Core SPIN	5 Point Class	45 minutes of SPINNING followed by 15 minutes of hard core work! SPINNING® is a mind-body, heart rate specific, cardiovascular fitness training program. It is a sport specific, non-competitive, individually paced group training system designed to promote total health; a balance of mind, body and inspirational well-being. This is a great class for individuals wanting to add a fun and energetic cardiovascular component to his/her work-out program. This class will promote strength and endurance and when done regularly, will help promote weight loss. Must wear tennis shoes or cycling shoes. Heart Rate Monitor Highly Recommended!
Interval Training	6 Point Class	Interval Training is simply mixing bursts of high intensity and low intensity exercises. This class is fun and energetic and will help you avoid any boredom in your exercise routine. Interval training is a great way to boost caloric expenditure and improve your aerobic capacity. Must wear tennis shoes. Heart rate monitor highly recommended.
Interval Training Express	3 Point Class	This is our 30-minute version of the Interval Training class.
Lower Body Overload	3 Point Class	If you want to give your entire lower body a great work out, then this class is for you. You'll spend 30 minutes working all the muscles in your lower body. Tennis shoes required.
Pilates & Total Body Conditioning	5 Point Class	This class combines both Transformation Pilates & Total Body Conditioning for a great strength and core work-out! You will do 30 minutes of Transformation Pilates and 30 minutes of Total Body Conditioning. This is a great class for individuals who want to take their Pilates work-outs to the next level!
Pilates Plus	4 Point Class	This class combines ALL Pilates has to offer! You will incorporate matwork, Magic Circles, Arc Barrels, Reformers, and more! Transformation Pilates is the style of Pilates we teach on the reformer. It is an innovative approach to the original Pilates method. The belief of Transformation Pilates is that it provides the client with intensive, continuous resistance in order to improve posture, balance, efficiency of movement and overall health. Clients must complete one Private/Semi-Private Pilates session before enrolling in this

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		class. Appropriate for any fitness level.
SPIN Express	3 Point Class	This is a 30- minute SPIN class great for individuals who want to add to their work-outs, or for the beginning SPINNERS who want to work on cardiovascular fitness and burn calories.
SPIN Flex	6 Point Class	This class is great for individuals new to SPINNING®. You'll start with 30 minutes of cycling through different terrain to challenge the body cardiovascularly, and you'll finish with a relaxing 30 minute stretch. Must wear tennis shoes or cycling shoes! Heart Rate Monitor Highly Recommended!
SPINNING	5 Point Class	SPINNING® is a mind-body, heart rate specific, cardiovascular fitness training program. It is a sport specific, non-competitive, individually paced group training system designed to promote total health; a balance of mind, body and inspirational well-being. This is a great class for individuals wanting to add a fun and energetic cardiovascular component to his/her work-out program. This class will promote strength and endurance and when done regularly, will help promote weight loss. Must wear tennis shoes or cycling shoes. Heart Rate Monitor Highly Recommended!
SPINNING & Strength	6 Point Class	This is a specialized class that combines SPINNING® with a dynamic strength component to challenge the body aerobically and anaerobically. This class is great for individuals wanting to improve cardiovascular fitness, lose weight, and define muscles. Must wear tennis shoes or cycling shoes! Heart Rate Monitor Highly Recommended!
SPINNING & Total Body Conditioning	6 Point Class	This class combines intervals of SPINNING and Total Body Conditioning for a great cardio and strength work-out! This is a great class for individuals who want to burn calories and increase muscle strength and tone.
SPINNING & TRX	6 Point Class	This class combines two of The Studio's most popular classes in one hard core hour. You'll spend 30 minutes cycling through different terrain and 30 minutes building muscle strength and tone on the TRX. If you're ready for a new challenge that incorporates cardio and strength, then this class is definitely for you!
Stretch Express	3 Point Class	This class is 30-minutes of total body stretching. If your goal is to improve flexibility and range of motion, then this class is definitely for you!

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Studio Surprise	6 Point Class	That's right...It's a SURPRISE! This class will definitely keep you guessing and keep your muscles confused! Bring tennis shoes.
Studio Surprise Express	3 Point Class	That's right. . . It's a SURPRISE! This class will definitely keep you guessing and keep your muscles confused! Bring tennis shoes!
TBC- Gliding Express	2 Point Class	This Total Body Conditioning class utilizes Gliding Discs to help improve cardiovascular endurance as well as overall strength. This fun, energetic class will make you burn and want to come back for more! If you've been looking for a new addition to your old workout routine, then this class is for you!
TBC- Pilates Apparatus	3 Point Class	This 30-minute Total Body Conditioning class is designed to add variety to your Pilates Reformer workout. With only 4 clients and 1 instructor you will get individualized instruction on other Pilates apparatus, including Wall Units, Step Barrels, Rings, and much more! This class will increase your core strength and flexibility.
Total Body Conditioning	6 Point Class	The Total Body Conditioning Class incorporates Pilates apparatus, functional training, cardiovascular exercise, and total body weight training, while upholding our Pilates principles, for an intense total body work-out. This class is great for individuals who want to increase tone in muscles and accelerate weight loss. Appropriate for any fitness level.
Total Body Conditioning Express	3 Point Class	This class is simply a 30-minute version of our popular Total Body Conditioning class.
Transformation Pilates	4 Point Class	Transformation Pilates is the style of Pilates we teach on the reformer. It is an innovative approach to the original Pilates method. The belief of Transformation Pilates is that it provides the client with intensive, continuous resistance in order to improve posture, balance, efficiency of movement and overall health. Clients must complete one Private/Semi-Private Pilates session before enrolling in this class. Appropriate for any fitness level.
Transformation Pilates Express	2 Point Class	This is our 30-minute version of Transformation Pilates.
TRX Essentials	6 Point	TRX® Suspension Training® harnesses your own bodyweight

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	Class	to create resistance as you train. TRX Suspension Training allows you to instantly adjust not only the level of difficulty for each exercise, but you can easily customize any workout on the fly. Suspension Training builds core strength with every exercise by creating an element of instability that calls on your core to provide balance and coordination. Unlike traditional weight training that tends to be linear and follow one plane of movement, Suspension Training encourages multiplanar training, which integrates all your motions and mimics real life movement. This will bring a muscular balance to your body, increasing performance and preventing injuries.
TRX Express	3 Point Class	This is a 30 minute TRX class for individuals who want to add in extra time to their everyday work-out routine or who are limited on time and need a quick work-out. This is a great total body work-out with emphasis on the core muscles. Must wear tennis shoes.
TRX Interval	6 Point Class	Work the entire body with timed challenging exercise circuits alternating between TRX suspension training and high-energy cardio drills!