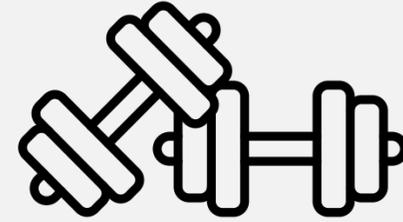


Pilates **PUMP!**

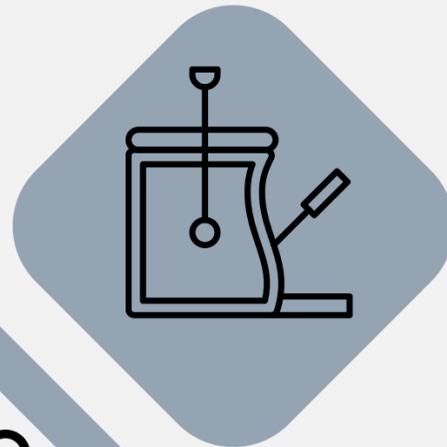


An exclusive 4-part series to **PUMP UP** your Pilates sessions!

Practice



Uplevel



Master



Push



PRACTICE – Oct 10th

In this first week, we'll explore, discover and uncover how using hand weights help **PRACTICE** your Mat work. You'll use your weights to help stabilize your joints and your core in certain exercises, and challenge your strength and endurance in others!



MASTER – Oct 24th

After learning, and discovering with rotator disks, get ready to challenge your balance as you **MASTER** movement using the tower/springboard AND the BOSU at the same time. Get ready for some familiar movements, but with a new element to help you "master" your core recruitment and full-body stabilization.



UPLEVEL – Oct 17th

During this week, we'll **UPLEVEL** your chair classes by adding in rotating discs! Get ready to twist, turn, and stabilize your way through functional movements that build upon traditional chair exercises.



PUSH – Oct 31st

Get ready to **PUSH** it with the final week of our Pilates series! In this energizing class, we're combining the power of the Pilates Reformer with the challenge of weights to elevate your practice. The theme for this session is "PUSH," and we're all about pushing boundaries and expanding our limits.

**LIVE sessions are from 12-1:30p PT on these dates.
RECORDING & SESSION HANDOUT/NOTES YOURS FOREVER!**