

FUSION 55

vbarre • TKO Pilates • Power Mat

Mat/Tower Fusion-This Pilates class integrates the use of the Pilates Tower with the mat work to deliver a unique and effective total body workout. Experience the benefits of adding the resistance of the Pilates springs and take your training to the next level.

Pilates SCULPT - This unique Pilates-based class will challenge your strength, increase your stamina, and define your core. Join Power Mat- Ramp up your Pilates mat routine with resistance and get RESULTS! Add light hand weights, resistance tubing, and stretch bands to push your Pilates practice beyond the mat.

Power Pilates Mat — For fabulous abs, try the traditional system of Pilates mat work. Pilates teaches you to initiate movement from your “Power House,” a term used for the musculature of the core, lower back, glutes and inner thighs. The result? A longer, stronger, more balanced body

Power Tower — Spring into a new body with this popular resistance based workout. The springs of the Tower will challenge you by adding in new ways to lengthen, strengthen & stretch your body. Space is limited.

REFORMation - REFORM your body by combining the benefits of the Reformer, Tower, and Wunda chair in one workout. Let one of our certified Pilates instructors take you through an invigorating circuit style session that will refine your technique, sculpt your body, and get you the results you want. Space is limited.

Reformer/Tower Fusion- Take your Pilates practice to the next level by adding the strengthening and lengthening movements of the Tower and Reformer. Refine your form and define your body with our most popular pieces of Pilates equipment. Space is limited.

TKO Pilates- This fun, challenging Pilates based workout will be sure to push you to your edge! Join us for a non-stop hour of sculpting, strengthening and sweating. (Optional weighted cardio gloves are available for purchase in Pro Shop).

TransFORMation- This dynamic, calorie blasting workout will amp up your Pilates routine and transFORM your body! Whittle your waist with 55 second intervals of vbarre and cardio dance blended with circuits on the Reformer, Wunda Chair, and Tower. Sculpt and define every muscle in your body with this unique fusion workout. Space is limited.

vbarre- This dynamic workout will help you develop the grace of a dancer with the lean look of an athlete. Sculpt, strengthen, and stretch the entire body with a fusion of ballet, Pilates, and fitness.

vbarre BLEND - BLEND the best of two dynamic workouts, vbarre and Pilates! Lean and lift your entire body with vbarre moves and define your core with Pilates mat work.

vbarre BURN- Amp up your vbarre workout with added cardio dance intervals to torch extra calories as you sculpt, strengthen, and stretch the entire body with a fusion of ballet, Pilates, and fitness.