


CLASSES BY APPOINTMENT ONLY! PLEASE CALL FOR AVAILABILITY EMILY 678-617-3824



DECEMBER

| S | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
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| | <p>EC- Emily Condensa CF- Claudette Foster EW- Evette Walter JC- Justina Condensa HT- Heather Thomas LC- Lucia Condensa SH - Stephanie Harrington SM - Summer Morf KS - Kathy Scaquiuso NK - Niki Karr</p> | <p>1 730am Pilates (EC) 930am Cadillac Flow (EC) 1030am Corealign (EC) 11:30 Pilates Restore (EW) 11:30am Tight Butts (JC) 1230 Pilates Challenge (EC) 430pm Pilates (LC) 5:30pm Teen Pilates (SM) 530pm Barre (LC) 630pm Pilates (LC)</p> | <p>2 7:30am Pilates (SH) 930 Pilates 1.5 (EC) 11am Corealign (EC) 11:30 Springboard (EW) 4pm Student Teacher Pilates (KS) 5pm Cardio Pilates (JC) 6pm Corealign (JC)</p> | <p>3 730am Corealign (JC) 8:30am Pilates (JC) 10:30 Foamroller (EW) 11:30am Pilates Challenge (JC) 5:30pm Pilates (LC) 6:30pm Student Teacher Pilates (SM)</p> | <p>4 7:30am Pilates (JC) 8:30 Cardio Pilates (JC) 9:30am Corealign (JC) 10:30 Tight Butts (JC) 11:30am Pilates Aligned (EW) 4:30pm Pilates Chair (CF) 5:30 Cadillac Flow (CF)</p> | <p>5 8am Corealign (EC) 9am Pilates (EC) 10am Corealign (JC) 11am Pilates (EC) 11:15am Springboard (CF) 12pm Pilates (JC) 2pm Pilates (CF)</p> |
| 6 | <p>7 7:30 Cardio Pilates (SH) 930am Pilates (HT) 10:30 TRX Combo (CF) 11:15am Kickboxing Express (JC) 12pm Pilates (EC) 4pm Corealign (EC) 5pm Pilates 1.5 (EC) 630 Pilates Aligned (JC)</p> | <p>8 730am Pilates (EC) 930am Cadillac Flow (EC) 1030am Corealign (EC) 11:30 Pilates Restore (EW) 11:30am Tight Butts (JC) 1230 Pilates Challenge (EC) 430pm Pilates (LC) 5:30pm Teen Pilates (SM) 530pm Barre (LC) 630pm Pilates (LC)</p> | <p>9 7:30am Pilates (SH) 930 Pilates 1.5 (EC) 11am Corealign (EC) 11:30 Springboard (EW) 4pm Student Teacher Pilates (KS) 5pm Cardio Pilates (JC) 6pm Corealign (JC)</p> | <p>10 730am Corealign (JC) 8:30am Pilates (JC) 10:30 Foamroller (EW) 11:30am Pilates Challenge (JC) 5:30pm Pilates (LC) 6:30pm Student Teacher Pilates (SM)</p> | <p>11 7:30am Pilates (JC) 8:30 Cardio Pilates (JC) 9:30am Corealign (JC) 10:30 Tight Butts (JC) 11:30am Pilates Aligned (EW) 4:30pm Pilates Chair (CF) 5:30 Cadillac Flow (CF)</p> | <p>12 8am Corealign (EC) 9am Pilates (EC) 10am Corealign (JC) 11am Pilates (EC) 11:15am Tight Butts No Guts (SM) 12pm Pilates (JC) 2pm Pilates (CF)</p> |
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*Class times are being considered if there is enough people for time slot. Minimum 2 people required
 All classes require a 12-hour cancelation policy and clients will be charged if they do not give at least a 12-hour notice.
 Thanks! Emily Condensa 678-617-3824 econdensa@gmail.com

Class Descriptions:

Pilates 1.5 – an hour and half equipment class utilizing the reformer/Cadillac to work on strength and core with an extra emphasize on stretching (There is an extra \$5 per class on top of equipment class price)

Pilates – an equipment class utilizing the reformer/Cadillac to work on strength, flexibility and your core.

Pilates Restore -Pilates Equipment class with more focus on stretching and balance while working your core and strengthening your muscles at a slower pace. You will feel energized, stronger and lengthened when you finish.

Pilates Aligned – Use both the Pilates Reformer and the Corealign all in one class. The class focuses on stretches, working the core and balance.

Pilates Challenge – Ready for a challenge?! Try this Pilates equipment class utilizing a variety of equipment. Reformer, maybe Cadillac and a little Pilates chair! Some more advanced exercises for the Pilates enthusiast that would like to take it up a notch!

Student Teacher Pilates Equipment - Want to take a Pilates equipment class at a reduced price? Try this class with one of our amazing student teachers. Help them learn and get a great workout in the process!

Corealign - Corealign is a combination of a ladder and a platform with two movable carts. It was designed by a physical therapist to improve posture, balance, and functional movement while in an unstable body position (standing, planking etc). It is part mind-body, part strength, part cardio, and totally unique! Corealign stimulates core stability and muscles have to function in a timely manner as you perform challenging exercises, deep stretches, and core-controlled aerobic training. It is a great way to connect the muscular system to the nervous system leaving you feeling buoyant and strong.

Cadillac Flow – An all-Cadillac Pilates Class that emphasizes technique and alignment, while offering a challenging and varied full body workout combined with the focus on utilizing your core. While only using the Cadillac machine, whether you are sitting, standing, kneeling, lying, or even upside down, the springs, bars, mat, and trapeze of the Cadillac provide the most unique and diverse Pilates class.

Pilates Boot Camp – a cardio interval workout using a variety of props and mat work. Great full body workout to increase strength, flexibility while working on your core.

Barre class –an interval cardio class with a large focus on the core and the lower body, especially the hips and butt, *feel the burn, stretch to the limits, I can't take it anymore...* PILATES BARRE class!

Tight butts No guts- Pilates class focused on toning the core and legs using mat and a variety of props including bands, balls, foam rollers, arcs etc....

Cardio Pilates - A Pilates class on the reformer utilizing the jump board in an interval format to incorporate cardio, strength, and core into a cardio fat burning workout!

Pilates Chair- A unique and fun full body workout using different spring resistance and the split pedal option, this apparatus offers a challenging cardio/aerobic workout as well as increased stability and flexibility. It is excellent for strengthening the core muscles, the arms and legs. Exercises are done lying, sitting, and standing on the chair.

Springboard - Pilates Springboard classes take you through a warm-up, core strengthening, upper body and lower body conditioning program for all levels. This user-friendly equipment allows you to access the basics of the Cadillac, but in a fun and friendly group environment.

Kickboxing Express – A short but intense 30 minute class using boxing, kickboxing, and athletic conditioning techniques for a great aerobic and muscle strengthening workout. A great cross training workout for all levels.

TRX Combo – This revolutionary method of leveraged bodyweight exercise called suspension training will totally change your approach to fitness. With a combo of TRX, springboard or chair this class will build power, cardiovascular endurance, strength, flexibility, balance, mobility, and injury prevention, all at the intensity you choose.

Motr - This equipment combines the comfort of a foam roller with the challenge of three weight level resistances, giving you a challenging and incredibly diverse workout. This class focuses on the key principles of alignment, balance, core control and functional movement patterns and may also include aerobic conditioning. Exercises vary easily to provide appropriate fitness challenges for any level.

Teen Pilates Class *5:30pm on Tuesday* – Pilates class for Middle school or Highschool students utilizing the Pilates equipment, reformer, Cadillac and chair and maybe a little TRX. Focusing on flexibility, strength, core, and stability.

Pricing

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| Evaluation / 1 st Class for New Clients | Free | Springboard, Chair, TRX, Cardio Pilates Single (Drop in) | \$20 |
| Private Pilates Session - 1 hr | \$60 | Springboard/Chair/TRX/Cardio Pilates - 6 Pack | \$90 |
| Private Pilates Session 10 Pack - 1 hr | \$500 | Mat and Kickboxing Class Single (Drop in) | \$15 |
| Private Pilates Session 5 Pack – 1 hr | \$275 | Group Class Unlimited / Monthly | \$150 |
| Semi-Private Session – 1 hr | \$40 | Kids Pilates Mat Class Single (Drop in) | \$10 |
| Semi-Private Session 10 Pack – 1 hr | \$350 | Kids Pilates Class 10 Pack | \$80 |
| Pilates/Corealign Class Single (Drop in) -1 hr | \$25 | Teen Pilates Single (Drop in) | \$20 |
| Pilates/Corealign Classes 10 Pack – 1 hr | \$200 | Teen Pilates 10 Pack | \$150 |
| Pilates Class (Drop in) – 1.5 hr | \$30 | Pilates/Corealign Unlimited / Monthly | \$300 |
| Pilates Classes 8 Pack – 1.5 hr | \$200 | Unlimited Plus - Monthly | \$350 |

(All classes including Personal Training Classes)

These are cash and check prices only. There will be an additional fee for credit cards.