

# FALL **ONLINE** SCHEDULE AT A GLANCE - CORE PILATES NYC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 AM		Classic Mat w/ Daniel G.					
8:00 AM	Classic Mat w/ Daniel G.		Pilates Sprint w/ Kelly S.	Classic Mat w/ Deb T.	Pilates Xpress w/ Kelly S.		
9:00 AM		Classic Mat + Magic Circle w/ Jenn L.					
10:00 AM	Advanced Classic Mat w/ Jenn L.		Classic Mat w/ Dan W.	<b>NEW FORMAT/TIME!</b> Stronger Longer™ for Seniors w/ Kaitlyn	Classic Mat w/ Daniel G.	<b>NEW CLASS!</b> Classic Mat w/ Kelly S.	Classic Mat on the Roller w/ Deb T.
11:00 AM		Stronger Longer™ for Seniors w/ Kaitlyn	Midweek Signature Stretch w/ Dan W.			<b>NEW TEACHER!</b> Reformer on the Mat w/ Kelly S.	<b>11:15 AM</b> Classic Mat w/ Kelli C.
12:00 PM					<b>NEW TEACHER!</b> Classic Mat - Flow and Stretch w/ Sky	<b>NEW FORMAT &amp; TEACHER!!</b> <b>12:15 PM</b> Pilates + Lower Body w/ Deb T.	<b>12:30 PM</b> Pilates + Upper Body w/ Deb T.
1:00 PM		<b>NEW TEACHER!</b> Classic Mat, You Choose! w/ Jenn L.	Classic Mat on the Roller w/ Deb T.				
4:00 PM		Pilates + Upper Body w/ Alex					
5:00 PM	Pilates Barre w/ Dan W.		<b>NEW TEACHER!</b> Classic Mat w/ Jane	Pilates Barre w/ Dan W.			
6:15 PM	Classic Mat w/ Jane	<b>NEW FORMAT!</b> Pilates + Strength Xpress w/ Nikki	<b>NEW TIME!</b> Reformer on the Mat w/ Dan W.	Classic Mat w/ Dan W.	<b>NEW TIME!</b> Classic Mat w/ Jenn L.		
7:00 PM		Classic Mat w/ Nikki					

## CORE PILATES NYC ONLINE CLASS DESCRIPTIONS

*All ONLINE classes are 45 minutes except for PILATES XPRESS which is 30 minutes. All classes are for all levels, with modifications given, unless otherwise specified. Most prop classes can be done with a household equivalent. If in doubt, just ask your teacher or reach out to us at [info@corepilatesnyc.com](mailto:info@corepilatesnyc.com).*

CLASSIC MAT - Did you know the Mat work is the foundation of the Pilates Method? Work on mastering some of Pilates' "original 34" movements.

INTERMEDIATE CLASSIC MAT - You've mastered all the basics and are ready to flow! In this mat class, we'll move through the Intermediate system for the ultimate challenge.

ADVANCED CLASSIC MAT - For our most advanced clients ... this mat class is for you. Expect all of the challenging Advanced Mat exercises you have come to know and LOVE!

CLASSIC MAT - FLOW AND STRETCH - Do you love Pilates Mat but need a little more tender love and care right now? This class slows down the classic flow and incorporates stretches so you can move into your weekend feeling decompressed and relaxed.

CLASSIC MAT + MAGIC CIRCLE - Bring your Magic Circle for some fun variations to Joe Pilates' "original 34" movements at a whole new level or take this class with a towel, theraband, or yoga strap to create similar resistance.

CLASSIC MAT ON THE ROLLER - This Classic Mat class will challenge your balance and your strength with the use of a Foam Roller.

CLASSIC MAT, YOU CHOOSE! - Your instructor will offer a props option for every exercise while still giving you the Classical base. Work props free or choose for each exercise! Props that might be used: Magic Circle, Therabands, 9" Gertie style ball, Foam Roller, and Hand Weights.

MIDWEEK SIGNATURE STRETCH - This midweek stretch break will help release tension and bring your body back into balance. Bring a yoga strap, robe belt, or leather belt for some extra juicy assistance.

PILATES + LOWER BODY - Classical Pilates matwork with an extra focus on strengthening the legs and glutes. Get ready for some serious booty blasting! Bring a Theraband or resistance loop to class for extra booty burn!

PILATES + UPPER BODY - This class combines Classic Pilates Matwork with Upper Body Strength work. Bring a set of 1-2lb weights or an at home equivalent, like water bottles or cans.

PILATES BARRE - Nothing is better than a little splash of Barre with Classic Pilates. "Dan"cers in this class should have a sturdy high back chair to be used for balance and booty blasting. Recommended props: 9" Gertie style ball

PILATES SPRINT - Elevate your heart rate with a combination of "sprints" designed to get your heart rate up and the Classical Pilates moves you know and love to strengthen your Core. Optional props: Theraband (or Towel) and Sliders (or Paper Plates/Rug or Hand Towels/Hardwood Floor).

PILATES XPRESS - Missing Pilates but feeling pressed for time? These express workouts will help you get your Classical Pilates Flow on in 30 minutes so that you can get on with (or get back to) your day even faster.

PILATES + STRENGTH XPRESS - In this class, Nikki combines her love of Strength Training with her love of Pilates. You can expect a Low Impact workout that will challenge your Lower Body, Upper Body, and Core!! Recommended props: Resistance Bands and/or Therabands and Hand Weights. 30 minutes.

REFORMER ON THE MAT - Are you missing the Reformer? We are too! We may not have machines at home, but there are so many more fun moves we can do that incorporate Classical Reformer Choreography on the floor. Let's do this! Recommended props: Hand weights (or 2 equal weight bottles/cans), Towel or Paper Plates (for some sliding disk like action)

STRONGER LONGER™ FOR SENIORS - This class focuses on functional fitness through Pilates. Mobility through stretching, balance training, and strengthening essential core musculature via bridging, planking, and squatting are staples of the class. This class is good for seniors and anyone looking to strengthen their understanding and execution of Pilates fundamentals and is appropriate for people with an injury or issue looking for a group class experience. For this ONLINE version, you should have a bath towel, two washcloths, two cans of soup (water bottles) and a stiff pillow (like a throw pillow).