

MONDAY

6:00-6:55am	<b>Athletic Mat Pilates</b> FREE	Lizzy	2-3	2
9:00-9:55am	<b>All Levels Reformer +</b>	Tyra	1-3	Swan
10:30-11:25am	<b>Intermediate Reformer +</b>	Roya	2-3	Swan
12:00-12:55pm	<b>Advanced Reformer + (Legacy)</b>	Ondi	3	Swan
12:30-1:25	<b>Hot Pilates</b> 🔥	Kim	2-3	Jade
1:00-1:55pm	<b>Mat</b> FREE	Julie	1-3	2
4:00-4:55pm	<b>Beginner Reformer +</b>	Kyra	1-2	Swan
5:30-6:25pm	<b>Intermediate Reformer +</b>	Roya	2-3	Swan

TUESDAY

9:30-10:25am	<b>All Levels Reformer +</b>	Christina	2-3	Swan
10:30-11:25am	<b>Beginner Reformer +</b>	Kendra	1-3	Swan
11:00-11:55am	<b>Athletic Mat Pilates</b> FREE	Roya	2-3	2
12:00-12:55pm	<b>All Levels Reformer +</b>	Julie	1-3	Swan
1:00-1:55pm	<b>Apparatus Class (Legacy)</b>	Ondi	2-3	Jade
4:30-5:25pm	<b>Intermediate Reformer +</b>	Kyra	2-3	Swan
5:30-6:25pm	<b>Beginner Reformer +</b>	Kyra	1-2	Swan

WEDNESDAY

6:00-6:55am	<b>Intermediate Reformer +</b>	Sydney	1-2	Swan
9:00-9:55am	<b>Intermediate Reformer +</b>	Tyra	2-3	Swan
10:15-11:10am	<b>All Levels Reformer +</b>	Christy	1-3	Swan
10:30-11:25am	<b>Mat</b> FREE	Ally	1-3	2
11:30am-12:25pm	<b>All Levels Jump Board</b>	Ally	1-3	Swan

THURSDAY

9:30-10:25am	<b>Intermediate Reformer +</b>	April	2-3	Swan
10:00-10:55am	<b>Mat</b> FREE	Tyra	2-3	2
10:30-11:25am	<b>Beginner Jump Board</b>	Kendra	1-3	Swan
12:00-12:55pm	<b>All Levels Reformer +</b>	Tyra	1-3	Swan
4:00-4:45pm	<b>Hot Pilates</b> 🔥	Kyra	2-3	Jade

FRIDAY

6:00-6:55am	<b>Athletic Mat Pilates</b> FREE	Lizzy	2-3	2
9:00-9:55am	<b>Advanced Reformer Flow</b>	April	3	Swan
10:30-11:25am	<b>Beginner Reformer +</b>	Ally	1-2	Swan
11:30am-12:25pm	<b>Intermediate Reformer + (Legacy)</b>	Ondi	2-3	Swan
1:00-1:45pm	<b>Mat</b> FREE	Kyra	1-3	2

SATURDAY

8:00-8:55am	<b>Mat</b> FREE	Kerry	1-3	2
9:15-10:15am	<b>Intermediate Reformer +</b>	Roya	2-3	Swan

SUNDAY

10:00-10:55am	<b>Intermediate Reformer +</b>	Lindsey	2-3	Swan
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# Pilates

Registration  
required

NEW TO PILATES REFORMER?

3-5 PRIVATE LESSONS ARE REQUIRED BEFORE ATTENDING GROUP CLASSES.

\*DISCOUNTED INTRODUCTORY PACKAGES AVAILABLE

EFFECTIVE APRIL 1, 2026

UPDATED 3.19.26

EQUIPMENT-BASED PRICING

55-Minute Sessions

Single: \$35 Member / \$40 Guest

8-Pack: \$240 Member / \$280 Guest

3% service fee applies to all credit card transactions.

Reformer + incorporates Tower and Chair

8-PACKS EXPIRE 6 MONTHS AFTER PURCHASE  
24-HOUR CANCELLATION POLICY APPLIES

1 Beginner

2 Intermediate

3 Advanced

1-3 All Levels

REGISTER

Greenwood App / 303.770.2582 x345

ClubGreenwood.com/Pilates

KendraC@ClubGreenwood.com



SCAN FOR INFO

# Pilates Classes

## LEVELS

**1 Beginner** Foundation exercises emphasizing support and guidance are taught using building blocks and modifications when necessary to build the framework for more advanced classes.

**2 Intermediate** These classes build upon beginner exercises and incorporate more exercises within the hour with a focus on flow, greater range of motion and transitions.

**3 Advanced** A stamina building class structured upon a longer list of intermediate to advanced exercises within the hour with a focus on flow, greater range of motion, less support, transitions, props and in some cases order.

### 1-3 All Levels

**Classes** run weekly and you must sign up for each class. A minimum of 3-5 private lessons are required before entering a class.

**Programs** run as a series where sign up is required once and the same group progresses together.

## All Levels Pilates

All Levels Pilates Reformer classes are designed to accommodate a wide range of fitness levels, from beginners to advanced practitioners. Typical class includes foundational exercises to build core strength and improve posture, progressions, and modifications for you to level up or down, and instructor guidance to keep you safe and encouraged.

## Reformer Beginner

Did you just finish your intro pack? This class is a beginner class for those who are new or returning to Pilates after some time or injury. A great place to start or re-start your class journey. You'll learn the basic reformer exercises and how to use the reformer and typical props, preparing you to take more advanced Pilates classes.

## Reformer Beginner- Intermediate

These classes focus on the foundational exercises of Pilates. The class will emphasize support and guidance and is taught using building blocks and modifications when necessary. If you are brand new, still getting comfortable, or returning to Pilates after some time this is a great place to start. The focus is on building a framework for more advanced classes.

## Reformer Intermediate- Advanced

These classes build upon beginner exercises and incorporate more exercises within our practice together. The class will focus on flow, greater range of motion, precision, and transitions. As you progress within this class, we focus on building strength, proper form, controlled breath, and flexibility work allowing for more choreographed and a challenging workout experience while maintaining the mind-body connection.

\*Previous reformer experience is required.

## Advanced Reformer Flow

This class focuses on flow and is taught following the classical progression at a quick pace.

## Mat Pilates

Mat Pilates classes include numerous exercises of varying difficulty and progression that are designed to stretch, strengthen, and improve body alignment. This is considered a low-impact method of exercise, mostly using your body weight as resistance. Props may be used in this class to modify or challenge. This class focuses on the Key Principles of Pilates: concentration, control, centering, flow, precision, and breathing.

## Athletic Mat Pilates

Elevate your Mat Pilates practice with this class. Designed for those seeking a more dynamic and challenging workout. This class combines the foundational principles of Mat Pilates with high-energy, athletic movements to enhance strength, flexibility, and endurance.

## HOT Pilates

This invigorating class combines dynamic movement and heat to strengthen your core, tone muscles, and improve flexibility. It's designed to boost endurance, burn calories, and enhance posture while giving you a full-body workout that leaves you feeling energized and revitalized.

## Apparatus Class (Legacy)

Explore the more traditional repertoire of Lolita's Legacy on apparatus including the reformer, chair and tower/Cadillac. Class is reserved for able-bodied clients with a strong Pilates foundation. Reach out to [ondih@clubgreenwood.com](mailto:ondih@clubgreenwood.com) to inquire whether this class is a good fit for you.

\*If a Legacy Teacher is not available, another instructor will cover the class, or it may be cancelled.

\*Prior registration required.

\*24-hour late cancel/no show applies

\*\*In the event a Legacy Educator is not available to teach, another instructor will cover the class.

## Intermediate Reformer (Legacy)

Deepen your Pilates practice with intermediate Reformer work inspired by Lolita's Legacy—a comprehensive program developed by Lolita San Miguel, one of only two people certified by Joseph Pilates. This class incorporates Pre-Pilates sequencing to activate and align the body, followed by classical exercises such as Teaser, Long Stretch, and Stomach Massage. Ideal for clients with a solid Pilates foundation who are ready to progress their skills and explore more challenging sequences with mindful precision.

\*This class will be cancelled in advance during Lolita's Legacy Teacher Training weekends.

\*Please note: This class may be recorded for training purposes.

Questions?

Contact Ondi at [OndiH@ClubGreenwood.com](mailto:OndiH@ClubGreenwood.com)

## Advanced Reformer (Legacy)

Challenge your practice with advanced Reformer work rooted in Lolita's Legacy—a comprehensive program developed by Lolita San Miguel, one of only two people certified by Joseph Pilates. This class begins with focused Pre-Pilates sequencing to warm up, activate, and align the body, then progresses into classical exercises such as Tendon Stretch, Snake & Twist, and Long Spine.

Designed for experienced Pilates practitioners and Legacy Teacher Trainees who are prepared for advanced equipment work.

\*This class will be cancelled in advance during Lolita's Legacy Teacher Training weekends.

\*Please note: This class may be recorded for training purposes.

Questions?

Contact Ondi at [OndiH@ClubGreenwood.com](mailto:OndiH@ClubGreenwood.com)

## Jump Board

Jump Board Pilates is a fun, low-impact cardio workout on the Pilates Reformer using a padded jump board.

This all levels class combines controlled jumping with spring resistance to build strength, endurance and core stability while being gentle on the joints.

## Beginner Jump Board

A low-impact, cardio-focused reformer class designed for beginners. Using the jumpboard attachment, you'll perform controlled "jumping" movements while lying down to build leg strength, improve coordination, and elevate your heart rate, without stressing your joints. Expect a steady pace, clear instruction, and a mix of light cardio bursts and core-focused exercises. Perfect for those new to jumpboard or looking for a fun, supportive way to add cardio to their Pilates routine.