

MONDAY

6:00-6:55am	Mat FREE	Lizzy	2-3	2
9:00-9:55am	Pilates Basic Reformer	Tyra	1-3	Swan
10:30-11:25am	Reformer	Roya	2-3	Swan
1:00-1:55pm	Mat FREE	Julie	1-3	2
1:00-1:55pm	New to Pilates Reformer 1ST MONDAY	Sam	1	Swan
5:30-6:25pm	Evening Reformer	Roya	2-3	Swan

TUESDAY

9:30-10:25am	Reformer	Ondi	2-3	Swan
11:00-11:55am	Mat FREE	Roya	2-3	2
12:00-12:55pm	Reformer	Julie	2	Swan

WEDNESDAY

7:00-7:55am	Reformer	Sam	1-3	Swan
9:00-9:55am	Reformer	Gianna	2-3	Swan
10:30-11:25am	Mat FREE	Ondi	1-3	2
10:30-11:25am	Reformer	Sam	1-3	Swan

THURSDAY

9:30-10:25am	Reformer	April	2-3	Swan
10:00-10:55am	Mat  FREE	Tyra	2-3	2
12:00-12:55pm	Reformer	Tyra	1-3	Swan

FRIDAY

6:00-6:55am	Mat FREE	Lizzy	2-3	2
9:00-9:55am	Advanced Reformer Flow	April	3	Swan
11:30am-12:25pm	Advanced Reformer (Legacy)	Ondi	3	Swan
12:30-1:25pm	Legacy Mat* \$10M/\$15G FEE	Ondi	2-3	Opal

SATURDAY

8:00-8:55am	Mat FREE	Kerry	1-3	2
9:15-10:15am	Pilates Reformer	Roya	1-3	Swan

SUNDAY

10:00-10:55am	Advanced Reformer Flow	Sam	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 MAY 1, 2024

UPDATED 4.29.24

EQUIPMENT-BASED PRICING

55-Minute Sessions

Single: \$30 Member / \$35 Guest

8-Pack: \$200 Member / \$240 Guest

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

LIVESTREAM CLASSES

1 Beginner 2 Intermediate 3 Advanced 1-3 All Levels

REGISTER

Greenwood App / 303.770.2582 x274

ClubGreenwood.com/Pilates

KimM@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.

## Advanced Reformer Flow

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

## Mat

The mat work includes numerous exercises of varying difficulty and progression that are designed to stretch, strengthen and improve body alignment. Mat with Props is taught using power circles, balls, Thera bands, etc.

## Reformer

The most widely known and versatile apparatus. Its unique combination of springs, pulleys, straps and sliding carriage make it an incredibly valuable and useful piece of equipment to strengthen the powerhouse (core) and increase flexibility.

## Pilates Basics Reformer

Did you just finish your intro pack? This class is suitable for beginners, those with restricted movements and those recovering from injuries. You'll also learn the basic restorative reformer exercises and how to operate the reformer, preparing you to take more advanced Pilates classes.

## Advanced Reformer (Legacy)

Explore the more traditional intermediate to advanced reformer repertoire of Lolita's Legacy.

This structured class is reserved for those in Legacy Teacher Training and able-bodied clients with a strong Pilates foundation.

If interested, please reach out to Ondi ([ondih@clubgreenwood.com](mailto:ondih@clubgreenwood.com)) to inquire whether this class is a good fit for you.

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

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

## Legacy Mat

Explore the more traditional intermediate/advanced mat repertoire of Lolita's Legacy. Class is reserved for those in Legacy Teacher Training™ or able-bodied clients with a strong Pilates foundation. Please contact [OndiH@Clubgreenwood.com](mailto:OndiH@Clubgreenwood.com) to inquire whether this class is a good fit for you.

\*Prior Reservation Required

Fee: \$10 Members | \$15 Guests  
Reformer class packs do not apply

This class will occasionally be cancelled during Lolita's Legacy Teacher Training.

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