Pilates

Registration required

NEW TO PILATES REFORMER?

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

*DISCOUNTED INTRODUCTORY PACKAGES AVAILABLE

EFFECTIVE NOVEMBER 1, 2026

UPDATED 10.19.26

MONDAY

6:00–6:55am	Athletic Mat Pilates FREE	Lizzy	2–3	2
6:30-7:25am	Pilates for Golf $	Christy	1-3	Swan
9:00–9:55am	All Levels Reformer +	Tyra	1–3	Swan
10:30-11:25am	Intermediate Reformer +	Roya	2–3	Swan
12:00-12:45	Intermediate Tower Express	Ondi	2-3	Swan
12:30-1:25	Hot Pilates	Kim	2-3	Jade
1:00–1:55pm	Mat FREE	Julie	1–3	2
4:00-4:55pm	Beginner Reformer +	Kyra	1-2	Swan
5:30-6:30pm	Pilates for Men $	Roya	1-3	Swan

TUESDAY

6:00-6:45am	All Levels Reformer Express	Maria	1-3	Swan
9:30-10:25am	All Levels Reformer +	Christina	2-3	Swan
10:30-11:25am	Beginner Reformer +	Kendra	1-3	Swan
11:00–11:55am	Athletic Mat Pilates FREE	Roya	2–3	2
11:30am-12:15pm	Pilates Golf Express $	Christy	1-3	Swan
12:15-1:00pm	All Levels Chair Express +	Kim L.	1-3	Swan/ Opal
5:00-5:55pm	All Levels Reformer	Kyra	1-3	Swan
6:00-6:55pm	Pilates for Teens $	Roya	1-3	Swan

WEDNESDAY

6:00-6:45am	Intermediate Reformer Express	Sydney	1-2	Swan
9:00-9:55am	Intermediate Reformer +	Tyra	2–3	Swan
10:15-11:10am	All Levels Reformer +	Christy	1-3	Swan
10:30–11:25am	Mat FREE	Ally	1–3	2
12:00-12:45pm	All Levels Reformer Express	Ally	1-3	Swan
12:30-1:30pm	Pilates 101$	Roya	1	Swan
6:00-7:00pm	Pilates for Teens (Ages 14-18)$	Roya	1-3	Swan

THURSDAY

6:00-6:45am	All Levels Reformer Express	Megan	1-3	Swan
9:30–10:25am	Intermediate Reformer +	April	2-3	Swan
10:00-10:55am	Mat FREE	Tyra	2-3	2
11:00-11:55am	Athletic Reformer +	Kendra	1-3	Swan
12:00–12:55pm	All Levels Reformer +	Tyra	1-3	Swan
4:00-4:55pm	Hot Pilates	Kyra	2-3	Jade
5:00-6:00pm	Pilates for Teens (Ages 14-18)$	Roya	1-3	
6:00-6:55pm	All Levels Reformer +	Sydney	1-3	Swan

FRIDAY

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

SATURDAY

8:00–8:55am	Mat FREE	Sydney/Meg R.	1–3	2
9:15–10:15am	Intermediate Reformer +	Roya	2-3	Swan

SUNDAY

9:30-10:25am	Intermediate Reformer +	Lindsey	2–3	Swan

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.

45-Minute Express Sessions

Single: $30 Member / $35 Guest

8-Pack: $200 Member / $240 Guest

4 -Pack: $108 member / $128 Guest

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

$ - PAID PROGRAM- Pre-register for the program online

REGISTER

Greenwood App / 303.770.2582 x345
ClubGreenwood.com/Pilates
KendraC@ClubGreenwood.com

SCAN FOR INFO

CLUB GREENWOOD

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 and Tower

All Levels Pilates Reformer and Tower 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.

Teacher Trainee Class

Teacher Training Classes are led by instructor trainees completing their Lolita Legacy certification hours and are offered as part of their hands-on learning experience. While trainees continue to develop and refine their teaching skills, all sessions are carefully supervised to ensure a safe, supportive, and positive class experience. Participants may be asked to provide feedback following class to support the trainee's growth and development. All levels are welcome..

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.

Athletic Reformer

Burn, tone, and jump! This workout combines low-impact jumpbpard cardio with sculpted dumbbell strength sequences. Expereince a full-body sweat session that builds endurance, tones muscle, and challeneges core stability without harsh impact on your joints.

Intermediate Tower +

Elevate your practice and deepen your core strength with dynamic, spring-resisted exercises using the push-through and roll-back bars. Designed for practitioners with prior Pilates experience, this class features faster transitions, multi-planar movements, and progressive challenges to improve balance, flexibility, and endurance.

Pilates Express

Short on time, not on intensity. This 45-minute class builds core stability, muscular endurance, and fluid control. Move through dynamic, spring-based resistance exercises that target the deep stabilizing muscles, support better posture, and improve flexibility. Efficient, focused, and challenging from start to finish.