

Pilates Apparatus Classes

Feet up trainer flow
Springboard workouts 1 & 2

Longer workouts

Moving with a towel
Men's Pilates class 2
Dynamic Pilates with weights
Intermediate classical flow

Daily Bites

Monday Moves
Tuesday Teaser
Wednesday Winner
Thursday Tricks
Friday Fun
Saturday Strong
Sunday Stretch

Variety pack

Mat for Teenagers
Ease your aching back
Happy Hips
Killer Core
Blazing Saddles
Move more feel better
Mixed level mat class
A great flow to get you moving!
Barre Blast!
Series of 5
Series of 5 (Plank version)
Men's Mat class 1
Stretch it out!

Pilates with Props

Stretch band variation 1, 2 &3
Bring the ball 1 &2
Athletic Pilates 1 & 2
Gym ball bonanza
Foam roller flow
10 minute arm workout
Magic Circle 1

Basic exercises

Spine curl
Curl ups
Single & Double knee fold
Cobra
Prone circles
Cat
Oyster

Specialised Pilates

Standing for seniors
Build stronger bones
Seated chair movement sequence

Advanced mat workouts 1/2/3

Intermediate mat workouts 1/2/3/4

Beginner mat workouts 1/2/3

Loving **PILATES**

The Classical mat exercises

The Hundred
Roll up
Roll over
Single leg circle
Rolling like a ball
Single and Double leg stretch
Spine stretch forward
Open leg rocker
Corkscrew
Saw
Swan
Single leg kick
Double leg kick
Neck pull
Shoulder stand series
Shoulder bridge
Spine twist
Jack Knife
Side kick
Teaser
Hip twist
Leg pull front and back
Side kick kneeling
Boomerang
Swimming
Seal
Crab
Rocking
Control balance
Side bend
Push up