

MAC Pilates

BARRE: This empowering and energizing workout has proven to create long, lean, powerful muscles. Classes include hand weights, ballet barres, therapeutic exercise balls, and resistance bands to enhance your workout. No two classes are alike. This barre inspired fitness classes include yoga, Pilates, sculpt, HIIT and more.

BARRE-LESS: Take the Barre out of Barre. This class still uses the fitness concepts of yoga, Pilates, and strength but without the use of a ballet barre. Create long, lean muscles while working on strength, flexibility, and endurance.

BASIC MAT PILATES: Learn the basics of increasing your core strength and flexibility through this contemporary based Pilates class. Great for all ages, fitness levels, and low impact.

MAT PILATES: Mat Pilates involves performing Pilates exercises on the floor using a Pilates mat. The main fitness goals of a mat Pilates program include improved flexibility, muscle tone, body balance, spinal support, low back health, sports performance, and body-mind awareness.

FUNCTIONAL PILATES: A slower paced, Mat Pilates class structured around the goals of the exercises and discovering the "why" of what Pilates is and why we are doing these exercises.

FUSION: A ballet inspired class challenging your balance and core, fusing yoga, Pilates, and barre techniques.

PRECISION PILATES: Taking Tuesday's Functional Pilates class and applying it to a set of exercises, poses, holds and stretches to support daily movement and acts of living.