



MAKING Moves

FITNESS & DANCE

CLASS SCHEDULE

EFFECTIVE: OCTOBER 6, 2026

MONDAY

- 9-9:45a Mat Pilates: Beginner
-  5:15-6:05p Strength Mix: Essentials
-  6:30-8p Ballet III: Intermediate Foundations

TUESDAY

- 12-12:50p Strength Mix: Elevate
- 5:15-6p Mat Pilates: Intermediate 1/2
-  6:30-8p Ballet I/II: Beginner I & Beginner II

WEDNESDAY

-  12-12:50p Strength Mix: Build
- 5:15-6p Mat Pilates: Beginner/Int 1
-  6:30-8p Ballet IV: Intermediate

THURSDAY

*alternates bi-weekly, check Momenze for dates

- 12-12:50p Power Mix: Cardio Fusion
-  5:15-6:15p The Ballet Lab*
-  5:15-6:05p Strength Mix: Build*
-  6:30-8p Introduction to Ballet

SATURDAY

-  8-8:45a Pointe I: Beginner BEGINS MID-LATE OCT
- 9-9:45a Mat Pilates: Intermediate 1
- 10-10:45a Mat Pilates: Beginner
- 11-11:45a Mat Pilates: Intermediate 2

 NEW

Added/updated class section

 NEW

Dancer-specific, requires permission from instructor



Drop-in classes available

CLASSICAL MAT PILATES - LEVELS:

Beginner = no previous experience required.

Beginner/Intermediate 1 = a segue for those ready to progress their beginner-level practice but are not fully intermediate (yet). Open to beginners with classical Pilates vocabulary.

Intermediate 1 = minimum of **6 months** consistent practice (having graduated fully from **Beginner**) AND instructor permission required.

Intermediate 2 = comprehensive practice & knowledge of classical Pilates exercises is assumed AND instructor permission required. Minimum of **1 year** of practice at the Intermediate 1 level.

Intermediate 1/2 = the "sweet spot" between Intermediate 1 & 2 material, open to all at these respective levels.

STRENGTH MIX - LEVELS:

Strength Mix: Essentials = Designed for the novice mover & NO previous strength-training experience required. Expect approachable exercises that focus on form, alignment and functional fitness with focused coaching. Perfect for those newer to fitness or anyone wanting to refine the fundamentals! Open to ALL levels, with options for advancements & tiered modifications, as desired.

Strength Mix: Build = Develop foundational exercises with more variations and strength & stability challenges. Open to all levels, but ideal for those with some fitness experience who are ready to intensify their workouts. Modifications & advancements provided.

Strength Mix: Elevate = Our most advanced strength-training offering, featuring heavier resistance, compound movement patterns, and a quicker pace. Best suited for those with a solid strength-training background who are confident with form & technique. Open to all, with modifications provided, as needed.