



MAKING Moves

F I T N E S S & D A N C E

CLASS SCHEDULE

EFFECTIVE: AUGUST 31, 2026

START DATES NOTED IF DIFFER

MONDAY

-  9-9:45a Mat Pilates: Beginner/Int 1
-  5:15-6:05p Barre Burn
-  6:30-8p Ballet III: Intermediate Foundations

TUESDAY

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

WEDNESDAY * BEGINS 9/9

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

THURSDAY **alternates bi-weekly

- 12-12:50p Power Mix
-  5:15-6:15p The Ballet Lab** BEGINS 9/10
-  5:15-6:05p Strength Mix** BEGINS 9/17
-  6:30-8p Intro to Classical Ballet

SATURDAY

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

-  Added/updated class section
-  Dancer-specific, requires permission from instructor
-  Adjusted start time
-  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.