CLASSES BY APPOINTMENT ONLY! PLEASE CALL FOR AVAILABILTY EMILY 678-617-3824

Performance PILATES and TRAINING

SIGN UP THROUGH MINDBODY



S	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2 7:30am Pilates (LM) 11:30am Pilates (LM) 5:30pm Pilates SG (KW) 6:30 Cadillac Flow (LM)	3 930am Pilates (GS) 1:30pm Pilates SG (JC) 5:30pm Pilates SG (MC) 6:30pm Corealign (BF)	4 930 Cadillac Flow (LM) 11:30 Kick-N-Mat (EW) 5:30pm Pilates (CF) 6:30 Springboard (CF)	5 7:30 Pilates SG (SK) 9:30am Athletic Cadillac (LM) 5:30pm Corealign (LM) 6:30pm Pilates (LM)	6 7:30am Pilates (LM) 11:30 Pilates (LM) 12:30 Kick-N-Mat (EW) 5pm Chair Align (JL) 6pm Cadillac Flow (JL)	7 8am Pilates Mat (SD) 9am Corealign Challenge (LM) 10am Pilates (LM) 11am Cardio Pilates (LM) 12pm Cadillac Flow (LM)
8	9 7:30am Pilates (LM) 11:30am Pilates (LM) 5:30pm Pilates SG (KW) 6:30 Cadillac Flow (LM)	10 930am Pilates (GS) 1:30pm Pilates SG (JC) 5:30pm Pilates SG (MC) 6:30pm Corealign (BF)	11 930 Cadillac Flow (LM) 11:30 Kick-N-Mat (EW) 5:30pm Pilates (CF) 6:30 Springboard (CF)	12 7:30 Pilates SG (SK) 9:30am Pilates Challenge (LM) 5:30pm Corealign (LM) 6:30pm Pilates (LM)	13 7:30am Pilates (LM) 11:30 Pilates (LM) 12:30 Kick-N-Mat (EW) 5pm Chair Align (JL) 6pm Cadillac Flow (JL)	14 8am Pilates SG (SK) 9am Corealign Challenge (LM) 10am Pilates (LM) 11am Cardio Pilates (LM) 12pm Cadillac Flow (LM)
15	16 7:30am Pilates (LM) 11:30am Pilates (LM) 5:30pm Pilates SG (MC) 6:30 Cadillac Flow (LM)	17 930am Pilates (GS) 5:30pm Pilates SG (JC) 6:30pm Corealign (BF)	18 930 Cadillac Flow (LM) 11:30 Kick-N-Mat (EW) 5:30pm Pilates (JL) 6:30 Cardio Pilates (JL)	19 9:30am Athletic Cadillac (LM) 5:30pm Corealign (LM) 6:30pm Pilates (LM)	20 7:30am Pilates (LM) 11:30 Pilates (LM) 12:30 Kick-N-Mat (EW) 5pm Chair Align (JL) 6pm Cadillac Flow (JL)	21 8am Pilates Mat (SD) 9am Corealign Challenge (LM) 10am Pilates (LM) 11am Cardio Pilates (LM) 12pm Cadillac Flow (LM)
22	23 7:30am Pilates (LM) 11:30am Pilates (LM) 5:30pm Pilates SG (MC) 6:30 Cadillac Flow (LM)	24 930am Pilates (JC) 5:30pm Pilates SG (KW) 6:30pm Corealign (BF)	25 930 Plank-Align (LM) 10:30 Planksgiving Pilates (LM) 11:30 Cadillac Flow(LM) 5:30pm Pilates (CF) 6:30 Springboard (CF)	26 8am Planksgiving Pilates (LM) 9am Planksgiving Pilates (LM) 10am Planksgiving Pilates (LM)	27 9:30 Plank-Cadillac (LM) 10:30am Planksgiving Pilates (LM) 11:30 Turkey Burn Pilates (LM) 12:30pm Cardio Pie-Lates (LM)	28 10am Turkey Burn Pilates (LM) 11am Cardio. Pie-Lates (LM) 12pm Cadillac Flow (LM)
29	30 7:30am Pilates (LM) 11:30am Pilates (LM) 5:30pm Pilates SG (KW) 6:30 Cadillac Flow (LM)					

LC- Lucia Mendez
CF-Claudette Foster
JL – Jenny Lazanasky
HT- Heather Thomas
EW- Evette Walter
TB – Tracy Blount
BF – Brittany Fennell

www.performancepilatesga.com
2130 PEACHTREE PARKWAY SUITE F
CUMMING, GA. 30041

Zelle to econdensa@gmail.com

Teachers in Training:
GS – Gretchen Shreve
KW – Karen White
JG – Jordan Condensa
MC – Michelle Cripe
SR– Sophia Rivers
LK – Lauren Kim
SK – Sheri Kemmerer

Notes

----- All classes have a 2-hour cancellation policy and clients will be charged the full class amount for packages and $10 fee for unlimited options if they miss a class or don't cancel within 2 hours. Unlimited fee must be paid before the next scheduled class. ----- All classes require a minimum of 2 people and could get canceled if it only has one sign up. ----- All private sessions have a 8-hour cancellation policy and a session will be deducted from your package if not canceled within 8 hours. ----- All prepaid packages expire after 1 year from the purchase date. No refunds. -----

Class Descriptions:

Pilates – The OG Pilates class utilizing the reformer for all levels. Whether you want to take it easy or work a little harder depending on how you feel that day, the instructor will offer progressions or modifications on an individual class basis. Using traditional exercises with a contemporary twist this class will help you work on your posture by including all movements of the spine. All while strengthening and lengthening your body to help you feel stronger, increase your flexibility, and focus on finding your core connection.

Pilates Restore - A Pilates equipment class at a slower pace to focus on finding the mind-body connection. Perfect if you are trying Pilates for the first time or are needing an extra stretch or modifications. You will work on strengthening your core and increasing your flexibility to leave your body feeling restored.

Pilates Challenge – Ready for a challenge? Try this Pilates equipment class with advanced exercises for the Pilates enthusiast that would like to take it up a notch! Using the Reformer and a variety of props this class will go at a little faster pace and push you to your limits. It will leave you feeling energized and accomplished for the day! Highly recommended you are familiar with the equipment and have been doing Pilates for a while.

Pilates SG - Want to take a Pilates equipment class at a reduced price? Try this class with one of our amazing student teachers. Help them learn and get a great workout in the process!

Pilates Aligned – Get the best of both worlds with this combination class utilizing both the Pilates Reformer and the Corealign. Between working on your balance on the Corealign and strengthening your core on the Reformer, you will get everything you need all in one class.

Corealign - Corealign is a combination of a ladder and a platform with two movable carts. It was designed by a physical therapist to improve posture, balance, and functional movement while in an unstable body position (standing, planking etc). Corealign stimulates core stability and muscles must function in a timely manner as you perform challenging exercises, deep stretches, and core-controlled aerobic training. It is a great way to connect the muscular system to the nervous system.

Chair Align – Get the best of both worlds in this unique full-body class combining the CoreAlign and Pilates Chair! Using spring resistance, moving carts, bungees, and split-pedal work, you'll challenge your strength, balance, stability, flexibility, and core. Expect a fun and engaging workout designed to challenge your body in new ways and leave you feeling strong and energized!

Cadillac Flow – An all-Cadillac class that emphasizes technique and alignment with a focus on utilizing your core. Find the flow of your body through the mind-body connection and working on exercises that keep you engaged to create length and improve your posture. The Cadillac has additional spring loaded attachments, loops, and bars for an endless amount of gravity-based exercises that can't be done on the Reformer. This class will help you increase your flexibility, stability, and strength to make your body move and feel better.

Athletic Cadillac - Designed for those who want a more challenging class, this all-Cadillac class will give you a varied full body workout while keeping the exercises fun! Whether you are sitting, standing, kneeling, lying, or even upside down – it will be the most unique and diverse Pilates class. It will help build long lean muscles while increasing your strength and endurance throughout the entire body.

Cardio Pilates - Looking to get your heart rate up a little? Utilizing the Jumpboard, this Pilates Reformer class will incorporate cardio in an interval format to increase bone density and burn calories. It is a high energy class with quick transitions and plyometric movements that have low impact on your joints. The Jumpboard allows you to have a fun and unique cardio workout that you can't wait to jump into!

Kick-N-Mat – An intense combination class using boxing, kickboxing and athletic conditioning techniques for a sweat-dripping aerobics class designed to get your heart up and burn some calories! A great cross training workout of high intensity cardio and Pilates based strength exercises for all levels.

Pilates Chair- A unique and fun full body workout using different spring resistance, bungees, and the split pedal option. The Pilates Chair offers a challenging workout to increase stability and flexibility. Exercises will have added progressions on an individual class basis to help challenge yourself to the right level. You will work on your balance while strengthening your core for a complete and engaging workout.

Springboard - The Pilates Springboard classes are an upper and lower body conditioning workout for all levels. Help strengthen your core and find your mind-body connection by using this user-friendly equipment that allows you to access the basics of the Cadillac.

Pilates Mat – Go back to the foundation of Pilates with this Pilates Mat class using a variety of props. With endless class variations, you will get a great full body workout that increases strength and flexibility with an emphasis on challenging your core with each movement.

Pricing

Evaluation / 1st Class for New Clients	Free	**Group Classes:**
Private & Semi-Private Pilates Sessions:		
Private Session – **1 hr**	| Single **$75** | 5 Pack **$325** | 10 Pack **$600**	**Pilates Equipment/Corealign Class** – 1 hr Single **$30** | 10 Pack **$250** | 20 Pack **$450**
Private Session – **30 min**	| Single **$50** | 5 Pack **$225** | 10 Pack **$400**	
		Small Equipment Class – 1 hr
Semi-Private Session – **1 hr**	| Single **$60** | 6 Pack **$300** | 10 Pack **$450**	Single **$25** | 10 Pack **$200** | Unlimited / Monthly **$170**
Student Teacher Private Session – **1 hr**	| Single **$60** | 5 Pack **$275** | 10 Pack **$450**	**Teen Pilates**
		Single **$25** | 10 Pack **$200**
Student Teacher Semi-Private Session – **1 hr**	| Single **$50** | 6 Pack **$270** | 10 Pack **$400**	

These are cash and check prices only. There will be an additional fee for credit cards.

Planksgiving Pilates: You've trained all year — now it's time to earn your feast. This reformer class is a full-body challenge centered around the ultimate test of strength: the plank. Expect creative core sequences, long holds, and dynamic flows designed to build control, endurance, and stability. Come ready to sweat, shake, and give thanks to planks!