

INTRO TO PILATES

7-DAY CHALLENGE

DAY 1

7 mins
Your Spine in Pilates

15 mins
Find Your Fit

31 mins
Welcome to the Reformer

DAY 2

7 mins
In Class Metrics

6 mins
Your Breath in Pilates

31 mins
Kick Up the Heat

DAY 3

7 mins
After Class Report Card

15 mins
Shoulder Positioning

31 mins
Unwind: Post Work Flow

DAY 4

7 mins
Laying on Stomach

28 mins
Wake up Your Back Body

18 mins
Back Blast

DAY 5

7 mins
The C-Curve

14 mins
Quick Core

26 mins
Commit Flow

DAY 6

7 mins
The Roll-Up

30 mins
Flex and Flow

32 mins
Restore and Stretch

DAY 7

7 mins
Finding a Class

21 mins
The Teaser

31 mins
Quick Athletic Flow