

INTRO TO MAT PILATES

The Intro to Mat Pilates Class will introduce you to the foundation of Pilates mat work--floor work, as well as the classical language. This class is recommended for participants who are new to Pilates and/or at the beginner level. All Intro to Mat Pilates classes are 45 minutes and limited to 20 people. ***These classes are a first come, first serve basis. You do not need an Open Mat Semester Pass to participate but you do need to be a member of the Pottruck Center.*

OPEN MAT

An Open Mat Class is a group class which is designed for intermediate and advance level students. It combines mat class exercises and the classical philosophy of Pilates apparatus work without the use of equipment. You will look to your own body to create resistance. This is an amazing way to connect with and strengthen your core. Open mat classes are challenging, giving you a great Pilates workout. You may enhance your practice by taking private or semi-private sessions as well. All Open Mat classes are 45 minutes and limited to 20 people.

OPEN MAT SEMESTER CLASS PASS

\$150 student, \$175 member

(pass is valid January 28 – May 16)