

Group EQUIPMENT CLASSES

* All classes last 1 hour. Please schedule before attending.

Single Group Class: \$40
6 Group Class Pass: \$210
10 Group Class Pass: \$320

ESSENTIAL

- Monday, 11:00am (Hom) - MIDTOWN
- Monday, 1:00pm (Hewer) - KIRBY
- Monday, 5:45pm (Heard) - KIRBY
- Monday, 5:30pm (Hoffmann) - MIDTOWN
- Tuesday, 8:30am (Heard) - KIRBY
- Tuesday, 10:30am (Monaghan) - MIDTOWN
- Wednesday, 9:30am (Hom) - MIDTOWN
- Thursday, 10:00am (Monaghan) - MIDTOWN
- Thursday, 4:30pm (Hom) - KIRBY

ESSENTIAL/INTERMEDIATE

- Monday, 7:30am (Niekrasz) - KIRBY
- Monday, 8:30am & 11:00am (VanGilder) - KIRBY
- Tuesday, 8:30am (Hom) - KIRBY
- Tuesday, 8:30am (Monaghan) - MIDTOWN
- Wednesday, 8:30am (Hoffmann) - KIRBY
- Wednesday, 9:45am (Monaghan) - KIRBY
- Wednesday, 3:00pm (Hewer) - KIRBY
- Thursday, 9:00am (Monaghan) - MIDTOWN
- Friday, 9:45am (Hargrove) - KIRBY
- Friday, 9:45am (VanGilder) - KIRBY
- Saturday, 10:00am (Brothers) - MIDTOWN

INTERMEDIATE

- Monday, 6:15am (Dummar) - KIRBY
- Monday, 8:30am (Monaghan) - KIRBY
- Monday, 9:45am (VanGilder) - KIRBY
- Tuesday, 9:30am (Monaghan) - MIDTOWN
- Tuesday, 4:30pm (Niekrasz) - KIRBY
- Wednesday, 8:30am (Monaghan) - KIRBY
- Wednesday, 5:45pm (Brothers) - MIDTOWN
- Thursday, 10:00am (Hewer) - KIRBY (9:00am in Aug)
- Thursday, 11:15am (VanGilder) - KIRBY
- Friday, 8:30am (VanGilder) & (Hom) - KIRBY
- Saturday, 9:00am (VanGilder) - KIRBY

INTERMEDIATE/ ADVANCED

- Wednesday, 5:45pm (Hom) - KIRBY
- Friday, 9:30am (Dummar) - MIDTOWN

ADVANCED

- Tuesday, 11:00am (VanGilder) - KIRBY
 - (Hewer will teach Sept-Dec)
- Thursday, 7:45am (VanGilder) - KIRBY
- Thursday, 7:45am (Dummar) - KIRBY
- Friday, 11:00am (Hewer) - KIRBY

CARDIO CONDITIONING/ JUMPBOARD

- Tuesday, 9:45am (Hewer) - KIRBY
- Tuesday, 1:00pm (Hewer) - KIRBY
- Thursday, 10:15am (Hom) - KIRBY

Private EQUIPMENT CLASSES

Private: \$80
5 Privates Pass: \$385
10 Privates Pass: \$750

Semi-Private: \$50/person
5 Semi-Privates Pass: \$225
10 Semi-Privates Pass: \$420

Please contact us to schedule your class.

Coming Soon: The Pink Ribbon Program

Ballet Memphis Pilates will be offering mat classes in partnership with the West Clinic for those who have undergone thorough Breast Cancer treatment.

For more information, contact Pam VanGilder at pvangilder@balletmemphis.org

Intro to Pilates

Interested in Pilates, but not sure what it is or what it can do for you? Come to an introductory class and experience the benefits of Pilates for both daily life and athletic performance.

The 2nd Saturday of every month from 12:00-1:00pm.
Cost is \$15, \$10 for students!

Class alternates location each month. It will be held at our Kirby location in Aug, Oct, Dec and our Midtown location in Sept & Nov.

** Free to current clients when accompanied by a friend new to Ballet Memphis Pilates. Pre-registration is required.

Ballet Memphis Pilates

MIDTOWN LOCATION
2144 Madison Ave.
Memphis, TN 38104

KIRBY LOCATION
1789 Kirby Parkway #8
Memphis, TN 38138

901-753-4177 ~ pilates@balletmemphis.org
Please visit www.balletmemphis.org/pilates for more information on our program and instructors.

Group MAT CLASSES

* All classes last 1 hour. Walk-ins welcome!

Single Mat Class: \$20
5 Mat Class Pass: \$90
10 Mat Class Pass: \$165
20 Mat Class Pass: \$280
Student* Single Mat Class: \$10
Student* 10 Mat Class Pass: \$80
*Must show valid Student ID

ESSENTIAL/INTERMEDIATE

- Monday, 9:45am (Hargrove) - KIRBY
- Tuesday, 5:45pm (Niekrasz) - KIRBY
- Wednesday, 5:30pm (Niekrasz) - MIDTOWN

INTERMEDIATE

- Wednesday, 9:45am (Hoffmann) - KIRBY
- Friday, 8:30am (Hargrove) - KIRBY

MIXED MAT (various levels)

- Monday & Wednesday, 8:30am (Hom) - MIDTOWN
- Saturday, 10:00am (Dummar) - KIRBY
- Saturday, 9:00am (Brothers) - MIDTOWN

ACTIVE FOR LIFE

A safe and effective chair class for older adults.

- Monday, 11:00am (Hargrove) - KIRBY

PURE MAT

We're sticking to the book in this pure mat class!

- Thursday, 6:00pm (Washington) - KIRBY

RISE AND SHINE

Wake up and workout with us!

- Tuesday, 7:30am (Hoffmann) - MIDTOWN

TOTAL BODY CONDITIONING

Challenge yourself in this conditioning-based class.

- Monday & Wednesday, 5:45pm (Dummar) - KIRBY

TOTAL BARRE

Get your Barre on!

- Monday, 12:00pm (Hewer) - KIRBY

BODY BLAST

A mix of cardio, stretching, and Pilates all-in-one!

- Friday, 12:00pm (McKinney) - MIDTOWN

Ballet Memphis Pilates - EQUIPMENT & MAT CLASS Schedule Fall 2018

		6:00 am	7:00 am	8:00 am	9:00 am	10:00 am	11:00 am	12:00 pm	1:00 pm	2:00 pm	3:00 pm	4:00 pm	5:00 pm	6:00pm	7:00pm
MONDAY	EQUIP MENT	6:15 KIRBY Int Equip.		8:30 KIRBY Int Equip.			11:00 MIDTOWN Ess Equip.		1:00 KIRBY Ess Equip					5:45 KIRBY Ess Equip	
	MAT		7:30 KIRBY Ess/Int Equip.	8:30 KIRBY Ess-Int Equip.	9:45 KIRBY Ess/Int Equip.		11:00 KIRBY Ess-Int Equip.	12:00 KIRBY Total Barre					5:30 MIDTOWN Ess Equip	5:45 KIRBY Total Body Cond.	
TUESDAY	EQUIP MENT			8:30 KIRBY Ess/Int Equip.	9:30 MIDTOWN Int Equip.	10:30 MIDTOWN Ess Equip.		1:00 KIRBY Cardio/Jump				4:30 KIRBY Int Equip.			
	MAT		7:30 MIDTOWN Rise and Shine	8:30 MIDTOWN Ess/Int Equip.	9:45 KIRBY Cardio/Jump	11:00 KIRBY Adv Equip.								5:45 KIRBY Ess/Int Mat	
WEDNESDAY	EQUIP MENT			8:30 KIRBY Ess/Int Equip.	9:30 MIDTOWN Ess Equip.						3:00 KIRBY Ess/Int Equip.			5:45 MIDTOWN Int Equip.	
	MAT			8:30 KIRBY Int Equip.	9:45 KIRBY Ess/Int Equip.								5:30 MIDTOWN Ess/Int Mat	5:45 KIRBY Int/Adv Equip.	5:45 KIRBY Total Body Cond.
THURSDAY	EQUIP MENT		7:45 KIRBY Adv Equip.	9:00 MIDTOWN Ess/Int Equip.	10:00 MIDTOWN Ess Equip.							4:30 KIRBY Ess Equip.			
	MAT		7:45 KIRBY Adv Equip.		10:15 KIRBY Jumpboard	11:15 KIRBY Int Equip.	10:00 KIRBY Int Equip.							6:00 KIRBY Pure Mat	
<i>^ starts in Sept</i>															
FRIDAY	EQUIP MENT			8:30 KIRBY Int Equip.	9:45 KIRBY Ess/Int Equip.				11:00 KIRBY Adv Equip.						
	MAT			8:30 KIRBY Int Equip.	9:45 KIRBY Ess/Int Equip.	11:00 KIRBY Adv Equip.		12:00 MIDTOWN Body Blast Mat							
SATURDAY	EQUIP MENT					10:00 MIDTOWN Ess/Int Equip.									
	MAT			9:00 KIRBY Int Equip.	9:00 MIDTOWN Mixed Mat			12:00 Intro to Pilates*							

MIDTOWN EQUIPMENT	KIRBY EQUIPMENT
MIDTOWN MAT	KIRBY MAT

* All classes last 1 hour & are subject to change due to enrollment. If this is your first time, please contact Ballet Memphis Pilates in advance to confirm time and availability at 901-753-4177. Please see reverse side for fees and more information.

* 2nd Sat. of every month (alternates location)