

## 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, 2:00pm (Hewer) - EAST MEMPHIS
- Monday, 5:45pm (Heard) - EAST MEMPHIS
- Monday, 5:30pm (Hoffmann) - MIDTOWN
- Tuesday, 8:30am (Heard) - EAST MEMPHIS
- Tuesday, 10:30am (Monaghan) - MIDTOWN
- Tuesday, 2:00pm (Niekrasz) - MIDTOWN
- Wednesday, 8:00am (Niekrasz) - MIDTOWN
- Wednesday, 9:30am (Hom) - MIDTOWN
- Thursday, 10:00am (Monaghan) - MIDTOWN
- Thursday, 11:00am (Niekrasz) - MIDTOWN
- Thursday, 4:30pm (Hom) - EAST MEMPHIS

### ESSENTIAL/INTERMEDIATE

- Monday, 7:30am (Niekrasz) - EAST MEMPHIS
- Monday, 8:30am & 11:00am (VanGilder) - EAST MEM
- Tuesday, 8:30am (Hom) - EAST MEMPHIS
- Tuesday, 8:30am (Monaghan) - MIDTOWN
- Wednesday, 8:30am (Hoffmann) - EAST MEMPHIS
- Wednesday, 9:45am (Monaghan) - EAST MEMPHIS
- Thursday, 9:00am (Monaghan) - MIDTOWN
- Thursday, 1:15pm (Hewer) - EAST MEMPHIS
- Friday, 9:45am (Hargrove) - EAST MEMPHIS
- Saturday, 10:00am (Brothers) - MIDTOWN

### INTERMEDIATE

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

### INTERMEDIATE/ ADVANCED

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

### ADVANCED

- Tuesday, 11:00am (Hewer) - EAST MEMPHIS
- Thursday, 7:45am (VanGilder) - EAST MEMPHIS
- Thursday, 7:45am (Dummar) - EAST MEMPHIS
- Friday, 11:00am (Hewer) - EAST MEMPHIS

### CARDIO CONDITIONING/ JUMPBOARD

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

## Private EQUIPMENT CLASSES

Pilates Equipment classes one-on-one!  
For those just starting out with Pilates, or who want individualized attention on your bodies' needs!

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.

## Purchase Your Passes Online!

Go to [tickets.balletmemphis.org](http://tickets.balletmemphis.org) to see our class availability, purchase passes, and sign-up for classes all at your convenience! Please note that we have a 24-hour cancellation policy, and you must notify your instructor or the office to cancel.

\*\* New clients **must contact us** at 901-753-4177 or email [pilates@balletmemphis.org](mailto:pilates@balletmemphis.org) before starting Equipment Classes.

## Ballet Memphis Pilates

MIDTOWN LOCATION  
2144 Madison Ave.  
Memphis, TN 38104

EAST MEMPHIS LOCATION  
1789 Kirby Parkway #8  
Memphis, TN 38138

901-753-4177 ~ [pilates@balletmemphis.org](mailto:pilates@balletmemphis.org)  
Please visit [www.balletmemphis.org/pilates](http://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

### RESTORATIVE PILATES

*Ease your way from Physical Therapy to Pilates.*

- Thursday, 12:00pm (Martinez) - EAST MEMPHIS

### ACTIVE FOR LIFE

*A safe and effective chair class for older adults.*

- Monday, 11:00am (Hargrove) - EAST MEMPHIS

### PURE MAT (only \$10!)

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

- Thursday, 6:00pm (Washington) - EAST MEMPHIS

### ESSENTIAL/INTERMEDIATE

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

### INTERMEDIATE

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

### MIXED MAT (various levels)

- Monday, 8:30am (Hom) - MIDTOWN
- Saturday, 10:00am (Dummar) - EAST MEMPHIS
- Saturday, 9:00am (Brothers) - MIDTOWN

### TOTAL BARRE

*Get your Barre on!*

- Monday, 12:00pm (Hewer) - EAST MEMPHIS

ballet. memphis.pilates EQUIPMENT and MAT Class Schedule **Spring 2019**

	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	6:15 EAST Int Equip.		8:30 EAST Int Equip.			11:00 MIDTOWN Ess Equip.		1:00 EAST Cardio/Jump	2:00 EAST Ess Equip.				5:30 EAST Ess Equip.	
		7:30 EAST Ess/Int Equip.	8:30 EAST Ess-Int Equip.	9:45 EAST Ess/Int Equip.		11:00 EAST Ess-Int Equip.							5:30 MIDTOWN Ess Equip.	
			8:30 MIDTOWN Mixed Mat	9:45 EAST Ess/Int Mat		11:00 EAST Active for Life	12:00 EAST Total Barre							
TUESDAY			8:30 EAST Ess/Int Equip.	9:30 MIDTOWN Int Equip.	10:30 MIDTOWN Ess Equip.				2:00 MIDTOWN Ess Equip.		4:30 EAST Int Equip.			
			8:30 EAST Ess Equip.	9:45 EAST Cardio/Jump		11:00 EAST Adv Equip.								
			8:30 MIDTOWN Ess/Int Equip.					1:00 EAST Pink Ribbon					5:45 EAST Ess/Int Mat	
WEDNESDAY			8:30 EAST Ess/Int Equip.	9:30 MIDTOWN Ess Equip.									5:45 MIDTOWN Int Equip.	
			8:30 EAST Int Equip.	9:45 EAST Ess/Int Equip.									5:45 EAST Int/Adv Equip.	
			8:00 MIDTOWN Ess Equip.	9:45 EAST Int Mat								5:30 MIDTOWN Ess/Int Mat		
THURSDAY		7:45 EAST Adv Equip.	9:00 MIDTOWN Ess/Int Equip.	10:00 MIDTOWN Ess Equip.	11:00 MIDTOWN Ess Equip.									
		7:45 EAST Adv Equip.		10:15 EAST Jumpboard	11:15 EAST Int Equip.			1:15 EAST Ess/ Equip.		4:30 EAST Ess Equip.				
				10:00 EAST Int Equip.		12:00 EAST Restorative	1:00 EAST Pink Ribbon						6:00 EAST Pure Mat	
FRIDAY			8:30 EAST Int Equip.	9:45 EAST Ess/Int Equip.										
			8:30 EAST Int Equip.			11:00 EAST Adv Equip.								
			8:30 EAST Int Mat	9:30 MIDTOWN Int/Adv Equip.										
SATURDAY					10:00 MIDTOWN Ess/Int Equip.	11:00 MIDTOWN Int Equip.								
			9:00 EAST Int Equip.											
			9:00 MIDTOWN Mixed Mat											
				10:00 EAST Mixed Mat										

MIDTOWN EQUIPMENT	EAST MEMPHIS EQUIPMENT
MIDTOWN MAT	EAST MEMPHIS 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.