

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



January

S	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
30	31 7:30am Pilates (EC) 930am Pilates (HT) 10am Kick-N-Mat (E) 11:30am Pilates (EC) 5:30 Fuse Ladder (CF) 6:30pm Pilates Aligned (LC)	www.performancepilatesga.com 2569 PEACHTREE PARKWAY SUITE 270 CUMMING, GA. 30041		EC- Emily Condensa CF- Claudette Foster EW- Evette Walter JC- Justina Condensa HT- Heather Thomas	LC- Lucia Condensa KS - Kathy Scaqliuso FM - Frances Moonen E - Elysa Walter	1 9am Pilates (EC) 10am Corealign (LC) 10am Pilates Circuit (CF)
2	3 7:30am Pilates (EC) 930am Pilates (HT) 10am Kick-N-Mat (E) 11:30am Pilates (EC) 5:30 Fuse Ladder (CF) 6:30pm Pilates Aligned (LC)	4 730am Pilates (EC) 8:30am Fuse Ladder (JC) 930am Pilates 1.5 (EC) 11am Corealign (JC) 11:30 Pilates Restore (EW) 12pm Springboard (FM) 4:30 Cardio Pilates (JC) 530pm Pilates (CF) 6:30pm Pilates (Teacher in Training) (KS)	5 7:30am Pilates (LC) 8:30am Corealign (LC) 930 Cadillac Flow (EC) 11am Cardio Pilates (LC) 12pm Springboard (EW) 4:30 Fuse Ladder (FM) 5:30pm Pilates (FM)	6 7:30 Cardio Pilates (EC) 8:30 Pilates Challenge (EC) 10:30am Corealign (EC) 11:30am Pilates (JC) 1230 Pilates Restore (HT) 4:30pm Pilates (JC) 5:30pm Pilates Circuit (LC) 6:30pm Cadillac Flow (LC)	7 7:30am Pilates (JC) 8:30 Cardio Pilates (LC) 9:30 Cadillac Flow (JC) 10:30am Pilates (LC) 11:30am Pilates Aligned (EW) 12:30pm Kickboxing Express (EW) 5pm Pilates Chair (CF)	8 9am Pilates (LC) 10am Corealign (LC) 10am Pilates (CF) 11am Fuse Ladder (FM) 12pm Pilates Circuit (FM) 1pm Pilates (CF)
9	10 7:30am Pilates (EC) 930am Pilates (HT) 10am Kick-N-Mat (E) 11:30am Pilates (EC) 5:30 Fuse Ladder (CF) 6:30pm Pilates Aligned (LC)	11 730am Pilates (EC) 8:30am Fuse Ladder (JC) 930am Pilates 1.5 (EC) 11am Corealign (JC) 11:30 Pilates Restore (EW) 12pm Springboard (FM) 4:30 Cardio Pilates (JC) 530pm Pilates (CF) 6:30pm Pilates (Teacher in Training) (KS)	12 7:30am Pilates (LC) 8:30am Corealign (LC) 930 Cadillac Flow (EC) 11am Cardio Pilates (LC) 12pm Springboard (EW) 4:30 Fuse Ladder (FM) 5:30pm Pilates (FM)	13 7:30 Cardio Pilates (EC) 8:30 Pilates Challenge (EC) 10:30am Corealign (EC) 11:30am Pilates (JC) 1230 Pilates Restore (HT) 4:30pm Pilates (JC) 5:30pm Pilates Circuit (LC) 6:30pm Cadillac Flow (LC)	14 7:30am Pilates (JC) 8:30 Cardio Pilates (LC) 9:30 Cadillac Flow (JC) 10:30am Pilates (LC) 11:30am Pilates Aligned (EW) 12:30pm Kickboxing Express (EW) 5pm Pilates Chair (CF)	15 9am Pilates (EC) 10am Corealign (LC) 10am Pilates (EC) 11am Fuse Ladder (CF) 12pm Pilates Circuit (LC)
16	17 7:30am Pilates (EC) 930am Pilates (HT) 10am Kick-N-Mat (E) 11:30am Pilates (EC) 5:30 Pilates (Teacher in Training) (KS) 6:30pm Pilates Aligned (LC)	18 730am Pilates (EC) 8:30am Fuse Ladder (JC) 930am Pilates 1.5 (EC) 11am Corealign (JC) 11:30 Pilates Restore (EW) 12pm Springboard (FM) 4:30 Cardio Pilates (JC) 530pm Pilates (CF)	19 7:30am Pilates (LC) 8:30am Corealign (LC) 930 Cadillac Flow (EC) 11am Cardio Pilates (LC) 12pm Springboard (EW) 4:30 Fuse Ladder (FM) 5:30pm Pilates (FM)	20 7:30 Cardio Pilates (EC) 8:30 Pilates Challenge (EC) 10:30am Corealign (EC) 11:30am Pilates (JC) 1230 Pilates Restore (HT) 4:30pm Pilates (JC) 5:30pm Pilates Circuit (LC) 6:30pm Cadillac Flow (LC)	21 7:30am Pilates (JC) 8:30 Cardio Pilates (LC) 9:30 Cadillac Flow (JC) 10:30am Pilates (LC) 11:30am Pilates Aligned (EW) 12:30pm Kickboxing Express (EW) 5pm Pilates Chair (CF)	22 9am Pilates (EC) 10am Corealign (LC) 10am Pilates (EC) 11am Fuse Ladder (CF) 12pm Pilates Circuit (FM)
23	24 7:30am Pilates (EC) 930am Pilates (HT) 10am Kick-N-Mat (E) 11:30am Pilates (EC) 5:30 Pilates (Teacher in Training) (KS) 6:30pm Pilates Aligned (LC)	25 730am Pilates (EC) 8:30am Fuse Ladder (JC) 930am Pilates 1.5 (EC) 11am Corealign (JC) 11:30 Pilates Restore (EW) 12pm Springboard (FM) 4:30 Cardio Pilates (JC) 530pm Pilates (CF)	26 7:30am Pilates (LC) 8:30am Corealign (LC) 930 Cadillac Flow (EC) 11am Cardio Pilates (LC) 12pm Springboard (EW) 4:30 Fuse Ladder (FM) 5:30pm Pilates (FM)	27 7:30 Cardio Pilates (EC) 8:30 Pilates Challenge (EC) 10:30am Corealign (EC) 11:30am Pilates (JC) 1230 Pilates Restore (HT) 4:30pm Pilates (JC) 5:30pm Pilates Circuit (LC) 6:30pm Cadillac Flow (LC)	28 7:30am Pilates (JC) 8:30 Cardio Pilates (LC) 9:30 Cadillac Flow (JC) 10:30am Pilates (LC) 11:30am Pilates Aligned (EW) 12:30pm Kickboxing Express (EW) 5pm Pilates Chair (CF)	29 9am Pilates (EC) 10am Corealign (LC) 10am Pilates (EC) 11am Fuse Ladder (CF) 12pm Pilates Circuit (LC)



**Class times are being considered if there is enough people for time slot. Minimum 2 people required*
All classes require a 12-hour cancelation policy and clients will be charged if they do not give at least a 12-hour notice.
 Thanks! Emily Condensa 678-617-3824 econdensa@gmail.com

Class Descriptions:

Pilates – an equipment class utilizing the reformer/Cadillac to work on strength, flexibility and your core.

Pilates 1.5 – an hour and half equipment class utilizing the reformer/Cadillac to work on strength and core with an extra emphasize on stretching

Pilates Restore -Pilates Equipment class with more focus on stretching and balance while working your core and strengthening your muscles at a slower pace. You will feel energized, stronger and lengthened when you finish.

Pilates Aligned – Use both the Pilates Reformer and the Corealign all in one class. The class focuses on stretches, working the core and balance.

Pilates Challenge – Ready for a challenge?! Try this Pilates equipment class utilizing a variety of equipment. Reformer, maybe Cadillac and a little Pilates chair! Some more advanced exercises for the Pilates enthusiast that would like to take it up a notch!

Pilates (Teacher in Training) - 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 Circuit – Get ready to burn some calories and get your heart rate elevated! This is a low impact cardio class with the benefits of Pilates, the burn of training and the cardio of a hit class. Instructor led movements on the reformer and off the reformer for several intervals to then finish off with a nice stretch!

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). It is part mind-body, part strength, part cardio, and totally unique! Corealign stimulates core stability and muscles have to 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 leaving you feeling buoyant and strong.

Cadillac Flow – An all-Cadillac Pilates Class that emphasizes technique and alignment, while offering a challenging and varied full body workout combined with the focus on utilizing your core. While only using the Cadillac machine, whether you are sitting, standing, kneeling, lying, or even upside down, the springs, bars, mat, and trapeze of the Cadillac provide the most unique and diverse Pilates class.

Fuse Ladder – A full body, challenging, fun workout that focuses on functional movements with spring and body weight exercises, and balance challenges. You will utilize both the big muscles and the smaller stabilizing muscles. You may climb, hang, lunge, squat, push, pull, and more. This class can accommodate for all levels – we are happy to adjust to where you are that day!

Barre class –an interval cardio class with a large focus on the core and the lower body, especially the hips and butt, *feel the burn, stretch to the limits, I can't take it anymore...* PILATES BARRE class!

Tight butts No guts- Pilates class focused on toning the core and legs using mat and a variety of props including bands, balls, foam rollers, arcs etc....

Kick-N-Mat – An intense class using boxing, kickboxing, and athletic conditioning techniques for a great aerobic and muscle strengthening workout for 30 minutes and then a total body workout on the mat using all the great Pilates exercises for 30 minutes! A great cross training workout for all levels!

Cardio Pilates - A Pilates class on the reformer utilizing the jump board in an interval format to incorporate cardio, strength, and core into a cardio fat burning workout!

Pilates Chair- A unique and fun full body workout using different spring resistance and the split pedal option, this apparatus offers a challenging cardio/aerobic workout as well as increased stability and flexibility. It is excellent for strengthening the core muscles, the arms and legs. Exercises are done lying, sitting, and standing on the chair.

Springboard - Pilates Springboard classes take you through a warm-up, core strengthening, upper body and lower body conditioning program for all levels. This user-friendly equipment allows you to access the basics of the Cadillac, but in a fun and friendly group environment.

Spring and Chair Duo – A class utilizing the Springboard and the Pilates chair. Takes you through a warm-up, core strengthening, upper and lower body conditioning program for all levels. This user-friendly equipment allows you to access the exercises of the Cadillac using the springs and combining with the powerful Chair exercises.

Kickboxing Express – A short but intense 30 minute class using boxing, kickboxing, and athletic conditioning techniques for a great aerobic and muscle strengthening workout. A great cross training workout for all levels.

TRX Bootcamp – Get ready to burn fat, increase muscle and improve your mobility with TRX suspension training. Use your body weight to perform cardio, strength, and core training. This class is open to all fitness levels with options to allow everyone to work at their own pace or challenge themselves.

Pricing

Evaluation / 1 st Class for New Clients	Free	Pilates/Corealign Class Single (Drop in) -1 hr	\$25
Private Pilates Session - 1 hr	\$60	Pilates/Corealign Classes 10 Pack – 1 hr	\$200
Private Pilates Session 5 Pack - 1 hr	\$275	Pilates/Corealign Unlimited / Monthly	\$300
Private Pilates Session 10 Pack – 1 hr	\$500	Springboard, Chair, TRX, Cardio Pilates Single (Drop in)	\$20
Semi-Private Session – 1 hr	\$40	Springboard/Chair/TRX/Cardio Pilates - 6 Pack	\$90
Semi-Private Session 10 Pack – 1 hr	\$350	Group Class Unlimited / Monthly	\$150
Student Teacher Private Session – 1 hr	\$35	Teen Pilates Single (Drop in)	\$20
Student Teacher Private Session 10 Pack – 1 hr	\$300	Teen Pilates 10 Pack	\$150

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