

## SPICY



[ROLLERAMA - Sequence A \(Fullbody/Roller\)](#)

This challenging SHORT workout is a little deceptive.....the muscle groups working are not necessarily what you might think. It turns into a full body exercise when we finish the sequence in Plank. Stay tuned for Sequence B.



[Plank with a Twist SHORT \(Plank&obliques/NoProps\)](#)

This Short workout brings rotation into a moving plank series. Make sure you are warmed up before doing any of the SHORTS.



[Stability Ball 101- spiced up! \(FullBody/Fitball\)](#)

This workout uses the Stability Ball to bring our Pilates exercises & sequences up a notch to an advanced level!



[Target & Tone 2 \(FullBody/Toningballs\)](#)

This Intermediate to Spicy level workout uses our 2lb toning balls to further challenge our 'Powerhouse' muscles.



[Full Body Fuel \(fullbody/no props\)](#)

This intermediate - advanced level Pilates workout challenges most major muscle groups using no props. You can do this anywhere, anytime. We use our body weight and leverage to add challenge.



[Heavenly Hamstrings-part B \(hamstrings&glutes/block&fitball\)](#)

We continue with strengthening and stretching our hamstrings in Part B of our hamstring series. Getting us ready for skiing season, this challenging workout focuses on strengthening the hamstrings which can often help balance the overused Quads.



[Plenty-O-Plank \(FullBody/No Props\)](#)

This spicy workout features Plank variations, by firing all our "powerhouse" muscles in a variety of positions.



[Advanced Roller workout \( FullBody/Roller\)](#)

Our third and final roller video has a special guest, Bonnie. In this advanced level workout, the roller is used in different positions to activate our core, glutes, hamstrings, arms & shoulders.



[Stability/Mobility on the Roller \(FullBody/Roller\)](#)

This spicy workout features the roller to create a level of instability to challenge our 'powerhouse'. By creating moving limbs on the roller, our deep abdominal muscles are being tasked to stabilize our torso.



[ABS with a twist! \(Spicy/No Props\)](#)

This quick core workout focuses on spinal articulation. From Saw to Open Leg Rocker and a teaser variation of single leg stretch, its a quick blast of ABS when you want a short intense workout.



[Magic Circle Part B \(FullBody/Fitness Circle\)](#)

Christy continues on with part B of her fitness circle workout, this time incorporating standing & side work and prone exercises. (Spicy)



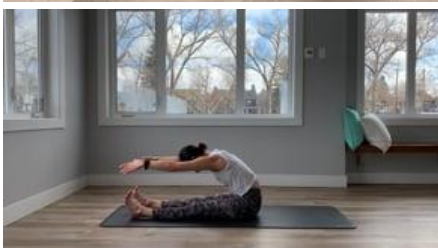
[Pilates-Yoga MashUp 2 \(FullBody/Toning Balls\)](#)

This dynamic workout combines many strengthening yoga & Pilates exercises. By adding light weights ( no more than 2 or 3 lbs)



[Spice IT \(FullBody/No Props\)](#)

Enjoy this spicy full body Pilates workout - beginning with a gentle yoga warm up, we move into the mat repertoire and challenge all muscle groups. (Spicy)



[Core Crusher \(Abs/No Props\)](#)

This class is a challenging abdominal focused workout. We work on controlled spinal articulation and mobility. (Spicy)



[12x12 Plank Challenge \(FullBody/No Props\)](#)

Dynamic moving plank series incorporating high, low (on elbows) and side planks. An overall workout to challenge our entire musculature; moving through high & low plank positions so as to not create wrist tension. (Spicy)



[PowerUP Abs \(FullBody/Mini Bender Ball\)](#)

This workout focuses on the activation of our "powerhouse" muscles that work together to create a supportive corset for the trunk of our body. This workout includes muscle focus on our Abs, lower back, glutes, pelvic floor, and the muscles around our hips. (Spicy)



[Combinations & Variations \(FullBody/No Props\)](#)

This challenging class works all muscle groups. The focus is combinations with a number of variations. Special thanks goes out to Mark, who was my student for today's class. (Spicy)



[Complex Core & More \(Abs Focus/No Props\)](#)

This is a short but intense abdominal workout, using the Mat Pilates repertoire. (Spicy)

## All Levels



[NEW Yoga Pilates Mash UP \(holiday ZOOM edition\)](#)

This 1.25 hour ZOOM class was recorded for you. It is for when you need to strengthen & stretch over the holiday season. This Full Body Workout emphasizes hip opening poses and strengthening our legs for ski season.



[NEW The Twelve days of Fitness...\(Fullbody/toningballs\)](#)

Day 1- Day 12 is now complete in this full body workout where every muscle group is incorporated. Stay strong through the holiday season!



[Holy Smokin' ABS!! -SHORT \(Abs/NoProps\)](#)

This SHORT workout is focused on all our abdominal muscles. If you need a quick AB blast, this is 15 minutes of focused core strengthening.



[Tricep SHORT \(Triceps/Toningballs\)](#)

This SHORT workout focuses on strengthening our triceps & shoulders. It is important to be warmed up through the shoulder girdle before doing this series.



[ABS Short - \(Abdominals/NoProps\)](#)

This 'Short' workout is focused on strengthening the ABS and the hip flexors. Make sure you are warmed up before doing any of the SHORTS or add this onto one of the longer videos.



[Bridge series Short \(hamstrings&glutes/2blocks\)](#)

This short workout involves a bridge series, which focuses on strengthening our hamstrings and gluteal muscles.



[Barre with a touch of Pilates! - Part C](#)

In the final segment, Part C of the Barre series, we move to standing work with Demi and Grande plies, with a strong emphasis on alignment and form.



[Stability Ball 101\(FullBody/Fitball\)](#)

This all levels Pilates workout incorporates our Fitball/ Stability Ball into the mat repertoire, engaging all major muscle groups.



[Barre with a touch of Pilates - Part B](#)

In this second segment, you will be introduced to plank progressions from a downward dog as the chair work continues.



[Barre with a touch of Pilates! Part A](#)

This part A - Barre class is the first of 4 segments. Part A explores all the seated work using a chair, including port de bras arm positions. It also incorporates some functional movement such as the hip hinge/squat, essential to getting up and down from a chair!



[PowerUp your powerhouse \( FullBody/NoProps\)](#)

This full body workout explores the range of motion through our hips while working our abdominal muscles. Supine, prone and plank variations make this a challenging and fun all levels workout.



[10X10 October Challenge \(intermediate\) \(FullBody/NoProps\)](#)

This full body workout demands control as we move through 10 repetitions of 10 exercises linked together. All muscle groups are used in a variety of Pilates sequences.



[Target & Tone \(Fullbody/toning balls\)](#)

This All levels workout uses our 2 lb. toning balls to strengthen & tone.



[Essential stretches - post run](#)

This quick video gives you a series of static stretches you can do post run. It targets the major muscle groups used when we run and shows you things you can use around you to support yourself in these stretches. You can do all these stretches without a mat.



[Fired Up Abs! \( Abs/Blocks or no props\)](#)

This quick 20 minute workout focuses on supine and plank exercises to strengthen our abdominal muscles. If you need a little burst of fire in your belly, this is your workout!



[Pilates for ski conditioning - part A \(quads/glutes/loopedband/pole/ block\)](#)

Get ready for ski & snowboard season! This standing ski conditioning workout focuses heavily on balance and strengthening our larger muscle groups which include, Quads, Hips & Gluteals.



[Active recovery workout \(Hips/No props\)](#)

This gentle workout is for the days you need a slower moving recovery based workout. We focus on the hip joint, its mobility and spinal articulation in this gentle moving series.



[Heavenly Hamstrings-Part A \(hamstrings/fitball\)](#)

This hamstring focused workout uses the fitball in a variety of exercises. This is Part A of a 2 part hamstring series emphasizing both stretching and strengthening.



[Strengthen & Stretch \(Glutes/Blocks\)](#)

This workout blends a few yoga positions with pilates strengthening work. We use blocks to support us and help engage our adductors. This workout focuses on the glutes, hips and adductors.



[It's all about Levers - Part B \(FullBody/Toning balls\)](#)

We continue on with our Lever series. This time we build on our part A workout using toning balls again to create heavier levers. We also engage the bigger muscle groups ( Hamstrings & Glutes) in this workout working in various bridge exercises.



[It's all about Levers - Part A \(FullBody/toningballs & Block\)](#)

This 20 minute class brings awareness of pelvic stability by creating levers with our weighted 2 lb toning balls. We must use our powerhouse muscles to stabilize our torso while adding leverage. This class can be done with or without the toning balls/ wood block.



[Floor Barre Take 2 \(FullBody/Fitball\)](#)

This workout uses the fitball to blend together some floor barre exercises with Pilates. We emphasize articulation of the feet and core stability in this 20 minute workout.



[An introduction to Floor Barre \(FullBody/No Props\)](#)

This Floor Barre class can be used as a warm up for standing barre work. We explore ballet port de bras positions to supine demi plies, in a fluid, dynamic class.



[Power mat workout \(FullBody/No Props\)](#)

This workout incorporates intermediate level exercises in a fast flowing format. Moving from supine to side lying to prone, this workout highlights flexion, extension and rotation Pilates exercises.



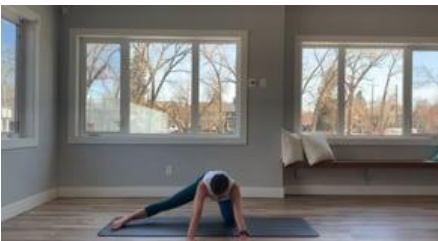
[Waking up the BackBody \(FullBody/Blocks\)](#)

This All-Levels workout incorporates many prone exercises, including double leg kick and swimming to bring focus to strengthening our back, while maintaining core stability.



[Magic Circle Part A \(FullBody/Fitness Circle\)](#)

This short 30 minute workout, featuring our guest Katharina, strengthens our full body, but pays particular attention to our adductors, by utilizing the fitness circle. This is the first of a two part fitness circle series. (All-Levels)



[Holy Hips & Glutes \(Hips & Glutes/No Props\)](#)

Hips & glutes are the focus of this Pilates workout. We work on the hip stabilizing muscles in functional positions with a goal of creating hip mobility & stability. (All-Levels)



[Rock & Roller \(Core/Roller\)](#)

Core workout using a roller. Named Rock & Roller because we rock the roller in "SWAN" Our focus is on using correct muscle activation to maintain stability. (All-Levels)



[PowerHouse Rotation \(Rotation/No Props\)](#)

This workout focuses on our internal & external obliques to rotate our spine. We use our transverses abdominals to compress our abdomen & stabilize our limbo- pelvic region. (All-Levels)



[Double A \(Arms & Abs/Toning Balls\)](#)

This 24 minute workout is focused on the Double A's - our Abdominals and Arms. If you don't have 2 lb toning balls, you can use heavy soup cans or water bottles. (All-Levels)



[Pilates-Yoga MashUp \(FullBody/No Props\)](#)

This flowing workout includes Yoga poses, blended together with our mat Pilates repertoire. We explore cats/ cows / birds dogs and downward dogs with variations. (All-Levels)



[Hip IT \(Hips/No Props\)](#)

This lengthy workout has a strong focus on our hip stabilizer muscles. We aim to strengthen the hip muscles in a variety of functional exercises to improve our joint stability & increase joint mobility. (All-Levels)



[PowerUP Arms \(FullBody/Toning Balls\)](#)

In this workout we bring a focus to our back body & arms by beginning with standing exercises and then make our way to supine strengthening and stabilizing exercises. (All-Levels)



[Something for Everyone. \(FullBody/No Props\)](#)

This class has something for everyone and is designed for all abilities. Nearly an hour long full body workout, all muscle groups are activated as we work in a supine, prone, plank & side plank positions. (All-Levels)



[Hiptastic \(Hips/No Props\)](#)

This is an overall workout but with a focus on your hips. We continue to strengthen the hip stabilizer muscles in a variety of positions to improve our joint stability & increase our joint mobility. (All-Levels)





[Pilates/Barre Class \(FullBody/Chair\)](#)

This challenging Pilates/Barre Class has a little balance, a little core and a quad & glute focus. Props: Chair w/no arms or a stool are utilized. (All-Levels)



[Glute Activation for Improved Athletic Performance \(Glute/No Props\)](#)

The gluteal complex of muscles play an important role in helping to take the stress off the spine in multi plane movements. We need to lengthen & strengthen the 3 glute muscles to avoid tightness and weakness which can cause imbalances in our pelvis, hips and instability in our lower spine. This workout focuses on glute strengthening in a variety of functional exercises. (All-Levels)



[Dynamic Balance \(FullBody/No Props\)](#)

NEW! This fun workout challenges our balance while moving our limbs in a smooth, efficient manner. We intersperse these balances with plank variations to power up our core, which in turn helps us with our balance and stability. (All-Levels)

# Gentle



[NEW Side lying strengthening with the looped band \(Hips&glutes/Looped band\)](#)

This 'SHORT' focuses on side lying exercises using the looped band to activate and strengthen the hips & glutes. We finish with a gentle 4 point stretch.



[Basic Matwork \(Fullbody/NoProps\)](#)

This workout is geared for those who are looking for a complete foundational workout. We explore the neutral and imprint positions of the spine and pelvis, and work through supine, prone, quadrupedal and side lying exercises.



[Restore your Body \( FullBody/NoProps\)](#)

This gentle Pilates workout begins with foundational exercises and moves into sequences which explore our range of motion and will leave your body moving with ease and feeling lengthened.



[Port de Bras - Deconstructed](#)

This short video explains what ballet 'Port de Bras' arm positions are, how we use the arm positions in Pilates and how we incorporate toning balls in our Port de Bras positions.



[Active recovery workout \(Hips/No props\)](#)

This gentle workout is for the days you need a slower moving recovery based workout. We focus on the hip joint, its mobility and spinal articulation in this gentle moving series.



[An introduction to the Roller \(FullBody/Roller\)](#)

This gentle workout incorporates the roller by adding a light level of instability to some of the essential Pilates exercises. Modifications are provided in this beginner level workout.



[Pilates 101- Part A \(FullBody/No Props\)](#)

This gentle workout introduces some of the basic Pilates principles while incorporating flexion, extension and rotation exercises. Pilates 101 ( part A) will introduce some of the essential level mat exercises.



[Pilates 101 - Part B \(FullBody/No Props\)](#)

A continuation of our gentle workout in Part A. This beginner mat workout is an ideal introduction to the fundamentals and principles of mat Pilates.



[Back2Basics \(FullBody/Toning Balls\)](#)

It is all about fundamentals! We explore the 5 basic principles of Pilates and execute exercises that apply to these principles. An