

Pure Pilates & Baltimore Barre CLASS DESCRIPTIONS

Baltimore Barre- is a high-energy, intense fat & calorie burning, non-impact workout designed to work every muscle in your body! BARRE will sculpt your upper body, streamline your thighs, lift your seat, flatten your abs, and lengthen you from head to toe! Each strength training segment is followed by deep stretching to create a long, lean look and improved range of motion. We promise to leave your body quivering, shaking, and begging for more!

Baltimore Barre Intense- takes the classic BARRE workout to the next level! This non-stop power workout move from one BARRE exercise to the next! Burn calories, elevate your heart rate, and challenge yourself!!

Baltimore Barre Quickie- is a 30 minute class, maximizing time by targeting the glutes, abs, and upper body! Less can be more!

Barre/Mat- begins on the mat with PILATES exercises to build a strong foundation in the core, spine and hips. The intense work at the BARRE follows to tone your seat and legs.

Mat- focuses on the basic principles of Joseph Pilates and incorporates precise, controlled movements to strengthen your core and lengthen and tone your body.

Mat to the Max- pushes your PILATES mat practice to the max with innovative and intense exercises using balls, bands, weights, circles and more! This fast-paced workout is a safe and effective way to strengthen and connect with your core, while improving your coordination, balance, and flexibility. A fantastic complement to your BARRE workouts!

Circuit- is a total body workout that combines the best PILATES and BARRE exercises in a circuit training format. Move from the reformer to the BARRE, to the tower, to the bosu, to the mat, and more!

Tower- (equipment Pilates) gives you the PILATES total body workout you've been craving. A Wall Unit with springs offers you resistance as you work your core, lower AND upper body.*

Reformer- adds resistance to your mat PILATES workout by using the original PILATES apparatus where your body moves a spring-loaded carriage. You will strengthen your core and back, tone your arms and legs, improve your posture and flexibility, AND lengthen your entire body!*

*** Maximum participants varies at each location**