

THE *Fetcher* PILATES STUDIO[®] GROUP CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
7:00AM	MAT	BARRE	BARREL	BARRE	BARRE	
9:00AM	BARRE	MAT	PUSH-PULL	MAT	MAT	MAT
10:00AM	BARREL	FLOORWORK	ROLLER	FLOORWORK	ROLLER	BARRE
5:30PM	MAT	MAT	MAT	MAT	FIRST CLASS FREE FOR ALL NEW CLIENTS	
6:30PM		BARREL		BARREL		

Mats and equipment will be provided. Please arrive on time. For safety reasons, latecomers will not be admitted.

THE *Fletcher* PILATES STUDIO[®]

GROUP CLASS MENU

WHAT IS FLETCHER PILATES?

Fletcher Pilates is a dynamic, breath-driven approach to the Pilates method. Developed by Pilates Master Teacher, Ron Fletcher, and based on the original teachings of Joseph and Clara Pilates, it integrates the classical Pilates roots with innovative Fletcher techniques.

MAT

Experience **Fletcher Pilates Matwork**, a group class that blends the classical foundations of the Pilates method with the expressive, breath-driven approach of the Fletcher lineage. This dynamic mat-based practice emphasizes strength, mobility, coordination, and mindful movement while encouraging awareness, rhythm, and precision. Classes may incorporate signature Fletcher tools and techniques such as the Magic Circle, Fletcher Towel, and other props to support deeper exploration of the work with clarity and intention.

BARRE

The original Pilates Barre technique developed by Ron Fletcher explores endurance, coordination, and balance through rhythmic, upright movement. This class invites attention to posture, control, and expressive alignment within a dynamic barre-based format.

ROLLER

Explore movement using the foam body roller as a point of support and feedback. This class focuses on spinal organization, core engagement, balance, and coordination while inviting awareness of posture, symmetry, and efficient movement patterns.

FLOORWORK

This Fletcher Floorwork class explores a fusion of classical body control and Graham floor technique. Through expressive, grounded movement, participants investigate mobility, flexibility, coordination, and dynamic pathways of motion with clarity and intention.

BARREL

Taught on the Pilates Spine Corrector, this class explores core support and spinal articulation through thoughtfully sequenced movement. The work emphasizes mobility, control, and length, honoring Joseph Pilates' belief in the importance of a flexible, responsive spine.

FREEFORM

Discover the dynamic intensity of this high-energy workout on the freeFORM board, exploring core engagement, alignment, balance, and fluid movement patterns through challenging sequences that emphasize control, coordination, and mindful effort.

PUSH-PULL

This upper-body strength and conditioning class integrates the Magic Circle and Fletcher Towel to explore balanced muscular engagement, coordination, and shoulder mobility through a focused, dynamic movement experience that emphasizes control, breath, and precision.



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