



## Pilates/Core Class

1. Childs pose, lengthen spine lateral R & L
2. Cat/cow X 3
3. RH Cat stretch knee to nose x 3/elbow to knee x 6/lunge, hands overhead
4. Cat/cow X 3
5. LH Cat stretch knee to nose x 3/elbow to knee x 6/lunge, shoulders
6. Strong cat X 3
7. RH Cat leg lifts x 8 pulses x 12, toe lifts x 8 pulses x 12, fire-hydrant x 8 pulses x 12, knee to armpit x 8 pulses x 12, angled leg lifts x 8 pulses x 12, glut swings x 12 pulses x 12, LH Pidgeon, Plank (1 min)
8. Childs pose, Strong cat X 3
9. LH Cat leg lifts x 8 pulses x 12, toe lifts x 8 pulses x 12, fire-hydrant x 8 pulses x 12, knee to armpit x 8 pulses x 12, angled leg lifts x 8 pulses x 12, glut swings x 12 pulses x 12, RH Pidgeon, Plank (1 min)
10. Childs pose, Strong cat X 3
11. Down Dog/R open hip/leg lifts x 8 pulses x 12/toe lifts x 8 pulses x 12, knee to armpit x 8 pulses x 12, lunges, military push-ups
12. Childs pose, Strong cat X 3
13. Down Dog/L open hip/leg lifts x 8 pulses x 12/toe lifts x 8 pulses x 12, knee to armpit x 8 pulses x 12, lunges, military push-ups
14. Childs pose, Strong dog X 3, Strong dog walk-together X 3

15. **Shiva kicks/handstand/step or float back and forth**
16. **Discs: both feet forward and back, mountain climbers, legs spread**
17. **Savasana**
18. **Strong wind relieving**
19. **Leg lifts, leg swings**
20. **Crunches (knees bent, legs straight, legs apart)**
21. **Elbow to opposite knee, Bicycles**
22. **Side oblique crunches L & R**
23. **Bridge (squeeze block thick & thin, pulses) (up & down, pulses)**
24. **Hip Lifts R & L**
25. **Strong legs up the wall (squeeze block bring towards the ear)**
26. **Pencil stretch, Sit-up**
27. **Cobra/flying Cobra/bound cobra/flying cobra (squeeze block)**
28. **Half locust (squeeze block)**
29. **Full Locust (squeeze block)**
30. **Double leg glut raises/Floor Bow**
31. **Dolphin/dolphin push-ups/headstand prep/headstand/inversion**
32. **Pidgeon R & L**
33. **Intense western stretch**
34. **Floor spine twist R & L**
35. **Savasana**