



THE MAT

Stepping in for a Pilates class? Or maybe your participants just want lots and lots of mat work - we've got you covered!

Delivering a full body tone-sesh, "THE MAT" will have their core and booty on fire.

WARMUP

BALANCE/STANDING CORE

UPPER

FLOOR - Transitional Plank or Birddog

FLOOR - Prone Abs/Plank*

FLOOR - Side Lying - Outer Thigh

FLOOR - Bridge

FLOOR - Supine Abs

FLOOR - Supine Abs*

FLOOR - Plank or Shoulder Focus Upright*

UPPER - Seated or Kneeling (any strict UPPER can be done on the floor!)

FLOOR - Side Lying - Inner Thigh

FLOOR - Bridge*

FLOOR - Abs (Final Core Blast)

COOLDOWN



***Indicates songs you can pull out in a shortened class environment without disrupting the flow of the class format.**