



www.dancingmoonpilates.com | 704-641-0455
15905 Brookway Drive Suite 4210, Huntersville, NC 28078

Session Information

We have a variety of session offerings to choose from, there is something for everyone!

Private Sessions

We offer private sessions that allows our instructors to assess each individual and work to achieve every clients goals and create the best balanced body possible. Each private session is 55 minutes and is tailored to meet your fitness objectives. Private sessions are available for Pilates, Yoga and TRX.

Semi-Private Sessions

Dancing Moon Pilates also offers semi-private Pilates training sessions for our clients to provide a more economical alternative to private sessions. Each session is 55 minutes and consists of two to three clients and per instructor.

Small Group Classes

Lastly, we offer small group Pilates, Yoga and Cardio classes to provide our clients with a variety of class types to fit everyones goals and budget. Each small group session is 45-55 minutes and consists of two to ten clients and per instructor. Clients must complete three private sessions (or have instructor approval) before participating in group classes allowing our instructors to properly assess each client's fitness level and find a class that matches their goals and progression.

Class Descriptions B=Beginner/I=Intermediate/A=Advanced Levels

Reformer Classes

Reformer classes increase core muscle strength, endurance and increased flexibility and range of motion in the joints. These classes can be adapted to all fitness levels. Classes range from Classical Reformer to Sculpt, Tone Refomer. Check class schedule to see what is being offered. Class size is limited to 4 clients and is 45 minutes in length. 24 hour cancellation policy applies. (B//I/A)

Circuit Equipment Classes

This class is a combination and offers a little of everything! We utilize the Tower, Chair and other equipment, performing basic Pilates exercises then, for fun, we'll add some other props! The addition of the props will add variety and challenges that round out your Pilates program perfectly. Class size is limited to 6 and is 55 minutes in length. 24 hour cancellation policy applies. (I/A)

Tower Classes

Tower classes use spring resistance with the addition of mat exercises and small props. Exercises are done intentionally and mindfully to lengthen and tone. The props allow you to get in touch with the small muscles which in turn sculpt and tone for that "ripped" muscle look without adding bulk. Class size is limited to 6 clients and is 55 minutes in length. 24 hour cancellation policy applies. (B//I/A)

Mat Classes

Mat classes will take you back to the basic fundamentals that Joseph Pilates developed. We may incorporate one or several different props during this class allowing you to experience well known mat exercises in a different light and to challenge yourself and your muscles. Classes are limited to 10 and class length is 55 minutes. 24 hour cancellation policy applies. (B//I/A)

Cardio Classes

Cardio classes include Piloxing, Barre and Intelligent Bootcamp. Each class is designed with the Pilates principles in mind but will make you sweat and have fun at the same time. Weights are included in the cardio classes. Classes are limited to 10 and class length is 55 minutes. 24 hour cancellation policy applies. (B//I/A)

Yoga and TRX Classes

These classes are currently not offered until fall. Stay tuned for more information about our upcoming Yoga and TRX classes.

Class Schedule

M=Mat Class | E=Equipment Class | C=Cardio Class
B=Beginner | I=Intermediate | A=Advanced



Sunday

E 8:30 am Sculpt, Tone & Release Tower (I,A)
M 9:30 am Intermediate Mat w/Props (I,A)

Monday

E 10:00 am Circuit Equipment (I,A)

Tuesday

E 10:00 am Sculpt & Tone Reformer (B/I)
E 6:30 pm Circuit Equipment (I,A)
C 7:30 pm Piloxing® (B/I) 2nd , 4th Tue.
Cardio Barre (B/I) 1st , 3rd Tue.

Wednesday

E 9:00 am Tower of Power (B/I)

Thursday

E 10:00 am Classical Reformer (B/I)
E 6:30 pm Strength, Stretch, & Release (B/I)
E 7:30 pm Core Challenge Reformer (B/I)

Friday

M 9:00 am Instructors Choice (B/I)

Saturday

C 8:00 am Intelligent BootCamp (B, I)
Six week session starts 8/23
E 9:00 am Circuit Equipment (I,A)

Please call **704-641-0455** to reserve your space!

- Walk-ins are welcome, but class may be full.
- Cancel at least 24 hours before the class to avoid being charged. Any cancellation inside the 24 hours will be charged to your account.
- Schedule is subject to change or cancellations. Always call for up to the minute schedules and information.

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