

KIKI

Pilates Studio

BRING BALANCE TO YOUR BODY



Pilates @BOSTON NORTH FITNESS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-6:50 Tower/BARRE	6:00-6:50 Mixed level Reformer	6:00 -6:50 REFORMER Pilates TRX combo	7:30-8:20 Tower Class		
9:30 - 10:20 MIXED LEVEL REFORMER	7:15-8:05 mixed level reformer	9:30-10:20 - TOWER 10:30 -11:20 - Reformer	9:30 - 10:20 Barre/Tower	9:30 -10:20 JUMPBOARD Combo	9:00 - 9:50 Mixed Level	9:00 -9:50 equipment circuit
	9:30- 10:20 CHAIR/MAT COMBO	10:30 MIXED LEVEL REFORMER	12:00 - 12:50 JUMPBOARD Combo Kiki			10:00 -10:50 intermediate Reformer
5:00-5:50 beginner equipment	12:00 - 12:50 JUMPBOARD Combo	5:00-5:50 jumpboard combo			11:00 -11:50 EQUIPMENT ORIENTATIONS	
6:00-6:50 jumpboard combo	7:15- 8:05 All level reformer	6:00-6:50 TOWER Intermediate	6:00-6:50 REFORMER Mixed Level NICOLE			



Unleash your inner Black Swan in this fun fitness class. No Rhythm or dance experience! Come let loose while rocking out to some great tunes. Lift, lengthen, tone and define! Target and work all your favorite muscle groups, inner & outer thighs, seat, abs, arms and of course; CORE!

Increase balance and flexibility.
Balance-Rhythm-Movement!

BarRemixed Cardio

BR Cardio is a sweat inducing, calorie burning, intense class! Sculpt, lengthen, strengthen and lift your seat all while working in the fat burning zone!

Basic cardio meets intense strength and flexibility moves! It's a jam packed hour like no other!

BarRemixed – Ballet Sculpt

Classical ballet moves paired with a twist of classical & contemporary Pilates, set to your favorite tunes! Balance, Rhythm & Movement! NO dance experience necessary!

Barre Boot Camp

Not your average Barre class, we combine the classical barre method along with basic calisthenics to make this an hour of power for you! Modifications given for all levels. Work at your own pace.

Barre & Mat Combo

Two of your favorite classes combined. 25 min at the Barre and 25 min of Mat Pilates, Followed by a great yoga stretch. Leave it all on the Mat for this dynamic and chock full class. Lengthen, lift and Tone and work that core to the fullest

Mat Pilates

This class will boost your athletic performance and strengthen the core to minimize the risk of injury. You will learn specific exercises designed for all fitness levels. Learn how to tackle this total body workout for optimum strength, endurance, agility and conditioning.

Beginner Mat Pilates

An entry-level mat Pilates class for anyone interested in learning mat Pilates fundamentals and the workings of Joseph Pilates. You will learn basic foundations and principles of each exercise with detailed break down. Please let us know in advance if you have specific accommodations we need to address PRIOR to class. We are happy to accommodate clients with injuries in this class as long as your physician has cleared you!



Kiki's signature class!

A unique combination of dynamic and strong flowing movement, initiated from the core and activating every muscle for a 360 degree workout!

Done in bare feet working from the ground up! Amazing Interval Training class, combining low impact movement with balance and stability exercises! Come challenge your body and learn about functional movement and how a strong core can change and improve every aspect of your fitness regime and your life!