

CLASS REFERENCE GUIDE

	Beginner-Friendly	Babies Welcome	Men Welcome	Prenatal Friendly	Includes Pelvic Floor Cueing (Prerequisite Needed)	Not Recommended for Clients with Significant Pelvic Floor or Core Dysfunction	Fertility Friendly
Core & Floor Pilates	✓				✓ (includes cueing, but you can join w/out prerequisite)		
Core & Floor Yoga	✓				✓		
Core Recovery for Moms	✓	✓			✓		
Core & Floor H.I.I.T.	✓	✓			✓ (includes cueing, but you can join w/out prerequisite)	✓	
Discover Pilates	✓		✓				
Hot Stone Relax & Restore	✓		✓				✓
Mindful Flow	✓						✓
Prenatal Core & Floor Yoga	✓			✓	✓		
Prenatal Flow Yoga	✓			✓			
Prenatal Strength Training	✓			✓			
Prenatal Yoga	✓			✓			
Relax & Restore Yoga	✓		✓	✓			✓
Strengthen & Sculpt Pilates			✓			✓	
Yoga Mamas	✓	✓					
Yoga Stretch	✓		✓				✓
Yoga for Men	✓		✓				
Yoga for 50+	✓		✓				