

# CLASS REFERENCE GUIDE

	Beginner-Friendly	Babies Welcome	Men Welcome	Prenatal Friendly	Includes Pelvic Floor Cueing	Not Recommended for Clients with Significant Pelvic Floor or Core Dysfunction	Fertility Friendly
Core & Floor Pilates	✓				✓ (prerequisite needed)		
Core & Floor Yoga	✓				✓ (prerequisite needed)		
Core Recovery for Moms	✓	✓			✓ (prerequisite needed)		
Core Recovery for Moms Level 2		✓			✓ (prerequisite needed)		
Core & Floor H.I.I.T.	✓	✓			✓ (includes cueing, but you can join w/out prerequisite)	✓	
Flow & Restore	✓		✓				✓
Gentle Flow	✓		✓				✓
Mobility & Movement Yoga			✓				
Pilates for 50+	✓		✓				
Pilates with Props	✓		✓				
Power Vinyasa			✓			✓	
Prenatal Yoga	✓			✓			
Strengthen & Sculpt Pilates			✓			✓	
Yin Yoga	✓		✓				✓
Yoga Mamas	✓	✓					
Yoga Stretch	✓		✓				✓
Yoga for 50+	✓		✓				
Yoga for Recovery	✓		✓				✓