

# THE PILATES WORKOUTS

BEGINNER
INTERMEDIATE
ADVANCED

WITH KATY BATH

# **CHOOSE YOUR PILATES**

# **BEGINNER LEVEL**

If you are completely new to Pilates or it's been a while, start here

# WEEK 1

FULL BODY 20

CORE 20

## WEEK 2

FULL BODY 20

CORE 20

# WEEK 3

FULL BODY FLOW 20 NEW MORNING 20

# WEEK 4

FULL BODY FLOW 20 NEW MORNING 20

# WEEK 5

EVERY DAY FULL BODY 20

HAPPY HIPS 20

# WEEK 6

EVERY DAY FULL BODY 20 HAPPY HIPS 20

# You have two Pilates workouts each week

Try to add in 30 mins cardic such as walking/cycling etc into your week

## WEEK 7

FULL BODY 20 FEEL GOOD 20

# WEEK 8

FULL BODY 20

FEEL GOOD 20

# **CHOOSE YOUR PILATES**

# **INTERMEDIATE LEVEL**

If you've been practicing a little while try these classes which are suitable for all levels.

## WEEK 1

FULL BODY 20 FLOW: FULL BODY 20

## WEEK 2

TOTAL BODY 20

DEFINE FULL BODY 20

# WEEK 3

FLOW PILATES 20

SCULPT 20

# WEEK 4

FRESH MORNING 20

COMPLETE FLOW 20

# WEEK 5

FULL BODY 20 FLOW: FULL BODY 20

# WEEK 6

TOTAL BODY 20 DEFINE FULL BODY 20

# You have two Pilates workouts each week

Try to add in 30 mins cardic such as walking/cycling etc into your week

## WEEK 7

FLOW PILATES 20

SCULPT 20

# WEEK 8

FRESH MORNING 20

COMPLETE FLOW 20

# **CHOOSE YOUR PILATES**

# ADVANCED LEVEL

If you feel ready to take your Pilates to the next level, try these classes. You'll be spending a little longer on the mat as well as challenging your practice.

## WEEK 1

ULTIMATE 30

**DEEP CORE 20** 

## WEEK 2

ULTIMATE 25

CORE 20

# WEEK 3

**FULL BODY** 33

**ULTIMATE 20** 

# WEEK 4

**FULL BODY 40** 

**EXPRESS** STRENGTH 20

# WEEK 5

ULTIMATE 30

DEEP CORE 20

# WEEK 6

UITIMATE 25

CORE 20

# WEEK 7

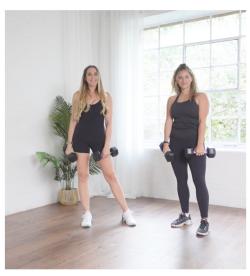
**FULL BODY** 33

**ULTIMATE 20** 

# WEEK 8

FULL BODY 40

**EXPRESS** STRENGTH 20



You have two Pilates workouts each week