**Mat and Reformer Refined**

Let’s clean up our work on the reformer and mat, identify our strengths and weaknesses in order to better our knowledge of our own body, all the while, understanding how the mat and reformer can connect to one another.

**Out of the Box**

Let’s think out of the box, while staying in our box.  Explore and breakdown new and creative ways to keep challenged, without changing the work. Different workouts, different challenges, different paces and different places are a perfect addition to any workout.

**From Under the Hips and Over the Hips**

Let’s move your hips and thrust your chest…WHAT?! Discover the feedback you will receive within your own body and how the correct muscles will fire because the body is moving how it was anatomically designed to.

**Brutal Basics**

Gain new meaning to the notion that the advanced exercises are what make you advanced. Come discover and remember how brutal and important the basics can be….less is more and simple is not simple very simple anymore.