



# BALANCE

## A FLOOR PILATES PROGRAM

LEVEL: BEGINNER TO INTERMEDIATE

This Online Pilates Program is designed to take you from beginner to intermediate level with clear, step-by-step guidance. Whether you’re new to Pilates or looking to progress, this program will help you build strength, improve flexibility, and enhance body awareness.

**Program Structure:**

- **Beginner Level:** Focuses on the basics–breathing, alignment, and core activation.
- **Intermediate Level:** Builds strength and balance with more challenging moves and pushes your limits with dynamic exercises.

**Benefits:**

- **Core Strength:** Strengthen your deep stabilizing muscles for better posture and injury prevention.
- **Flexibility:** Improve muscle length and joint mobility.
- **Injury Prevention:** Low-impact movements reduce the risk of strain and injury.
- **Posture & Balance:** Develop better posture and coordination, improving overall movement.

Start your Pilates journey today and experience the benefits of a stronger, more flexible body.

WEEK 1	Mon	The Pilates Playground
	Tue	Flex and Fumble Pilates
	Wed	Break Day
	Thu	Lowerbody Shenanigans
	Fri	Ballistic Arm Pilates
	Sat	Break Day
	Sun	Break Day

WEEK 2	Mon	Ball Buster Lowerbody
	Tue	Flex and Fumble Pilates
	Wed	Break Day
	Thu	Get Your Ring On: Leg Edition
	Fri	Ballistic Arm Pilates
	Sat	Break Day
	Sun	Break Day

WEEK 3	Mon	Flex and Fumble Pilates
	Tue	Lowerbody Shenanigans
	Wed	Break Day
	Thu	Ball Buster Lowerbody
	Fri	Get Your Ring On: Leg Edition
	Sat	Break Day
	Sun	Break Day

WEEK 4	Mon	Ballistic Arm Pilates
	Tue	The Pilates Playground
	Wed	Break Day
	Thu	Flex and Fumble Pilates
	Fri	Lowerbody Shenanigans
	Sat	Break Day
	Sun	Break Day