

Activity

Calories Burned

| | |
|------------------------------------------|-----|
| Lifting weights - general | 113 |
| Pilates Beginner | 122 |
| Stretching | 130 |
| Calisthenics / exercise - moderate | 148 |
| Pilates Intermediate | 170 |
| Walking 4 mph | 170 |
| Aerobics - low impact | 200 |
| Pilates Advanced | 209 |
| Aerobics - high impact | 231 |
| Stationary bicycle / spinning - moderate | 231 |



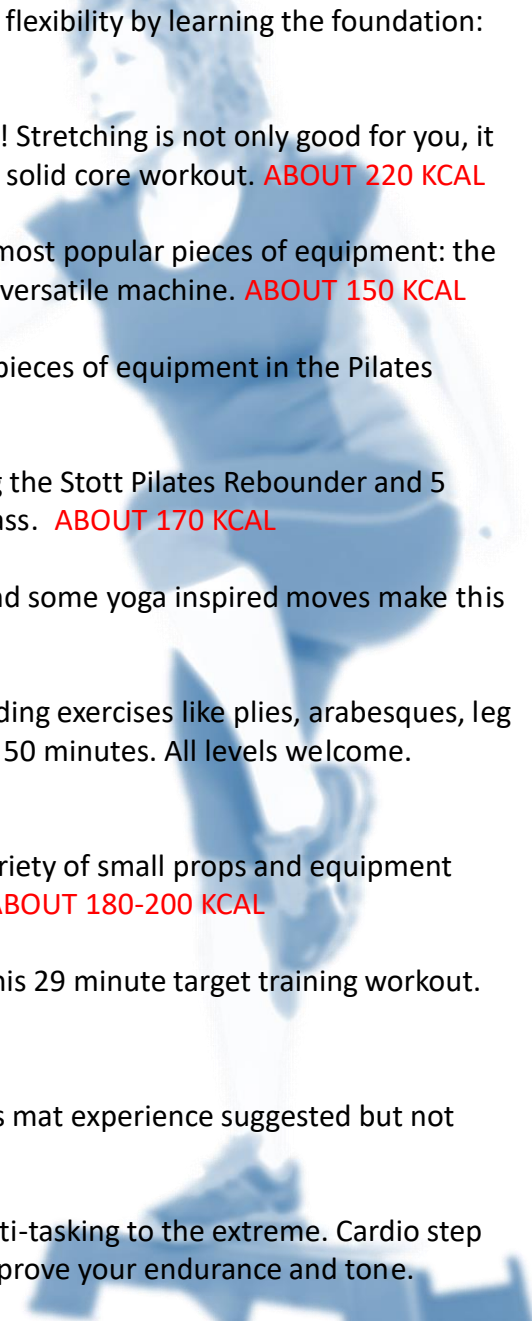
| | |
|------------------------------------------|-----|
| Aerobics - low impact | 200 |
| Pilates Advanced | 209 |
| Aerobics - high impact | 231 |
| Stationary bicycle / spinning - moderate | 231 |
| Step aerobics - low impact | 231 |
| Calisthenics / exercise - vigorous | 265 |
| Step aerobics - high impact | 348 |
| Elliptical trainer | 374 |



Source: www.healthstatus.com

Calculations figured for a 50 year old woman, 5'5" tall and weighing 145 lbs.

Length of time: 30 minutes.

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- **Basic 5 Mat** – You will enjoy learning essential matwork, as you increase your stability, balance, and flexibility by learning the foundation: the five basic principles. **ABOUT 220 KCAL**
 - **Core & Restore**– RELAX!! This class lengthens your muscles, increases flexibility & opens your joints! Stretching is not only good for you, it feels GOOD!! Deep, athletic-style stretches in various positions & angles reduce tension as well as a solid core workout. **ABOUT 220 KCAL**
 - **Basic 5 Reformer** – This class will introduce you to the myriad of benefits of working on one of the most popular pieces of equipment: the reformer. Continue your mat training and the five basic principles as you learn how to move on this versatile machine. **ABOUT 150 KCAL**
 - **Basic 5 Chair** – This introductory class is performed on one of the most interesting and challenging pieces of equipment in the Pilates repertoire, the Wunda Chair. 29 minutes. **ABOUT 150 KCAL**
 - **Basic 5 Cardio Tramp** – Get a jump on your fitness with this 30 minute intro to tramp workout using the Stott Pilates Rebounder and 5 Basic Principles. Learn the technique and build the core stability needed for this awesome cardio class. **ABOUT 170 KCAL**
 - **Power Ball** – Stability training with the ball to challenge your core and balance. Pilates principles and some yoga inspired moves make this a fabulous addition to your workout schedule. All levels. **ABOUT 180-200 KCAL**
 - **Power Booty** – This class, inspired by ballet conditioning and Pilates, combines core work with standing exercises like plies, arabesques, leg lifts & relives! Come prepared to build lean legs, buns, and lower abdominals. No dancing required! 50 minutes. All levels welcome. **ABOUT 250 KCAL**
 - **Power Mat**– This mat class will tone, lengthen and strengthen your entire body in record time. A variety of small props and equipment makes getting bored in this workout impossible! 50 minutes. Previous mat experience suggested. **ABOUT 180-200 KCAL**
 - **Upper Cut** – We’re targeting your trouble spots with our newest offering for your arms and abs in this 29 minute target training workout. Prepare to feel (and see) the results! Previous mat experience suggested. **ABOUT 150 KCAL**
 - **KB Cross Training** – A new 50 minute HIIT combo of cardio, strength and Pilates mat work. Previous mat experience suggested but not required. Tennis shoes required. **ABOUT 350 KCAL**
 - **Step N Sweat** – Unhappy with your hips, waist and arms? This 50 minute full body burner takes multi-tasking to the extreme. Cardio step intervals & strength moves are weaved together to give your heart and muscles the challenge to improve your endurance and tone. Intermediate. Tennis shoes required. **ABOUT 350-400 KCAL**

Restorative Reformer- Like to stretch? Like the reformer? This 29 minute class offers you the best of both worlds as you use the spring resistance to lengthen and strengthen your back, hips and shoulders. **ABOUT 120-140 KCAL**

Cardio Tramp – This 29 minute cardio reformer workout is a unique challenge combining the reformer with rebounding exercises to improve your strength, endurance, core connection and power. Prepare to sweat and employ all of your basic principles. **ABOUT 200 KCAL**

Pilates Body Blast – This workout combines circuits of cardio and strength training using the Pilates reformer, Tower, Chair and Jumpboard for a one of a kind cross training workout. This is considered an intermediate to advanced class, so please make sure you've done a minimum of 8 Basic Five Reformer classes or 6 private sessions prior to participation. **ABOUT 350-400 KCAL**

Reformer Sculpt– This Pilates equipment class provides students a solid foundation of correct technique and essential mat and reformer exercises. Great for beginners and continuing students who want a basic reformer workout with an emphasis on muscle strength and toning. 50 minutes. **ABOUT 300 KCAL**

Power Tower – Part reformer, part Cadillac– ALL Challenging- this workout, performed on the Tower, is suitable for clients of all levels. You'll use the springs on the vertical frame of the V2 Max machine to provide you a multi-dimensional, innovative and creative total body workout. **ABOUT 300 KCAL**

Reformer Challenge– This intermediate to advanced reformer class challenges experienced clients to take their core connection and strength conditioning to the next level. 50 minutes. A minimum of 6 private reformer sessions or 8 Basic Five classes required for participation. **ABOUT 300 KCAL**

RIP Reformer– This class is for experienced students only. Aptly named the Reformer Intensive Program, this class will deepen your core connection with variations on spring resistance and exercise execution tempo. Very challenging, yet safe. **ABOUT 300 KCAL**

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