



Class Outline

Pilates Fusion

Sun City West Yoga Club

Class Introduction

Pilates Fusion is a low-impact, full-body workout rooted in the Pilates principles of centering, concentration, control, precision, breath, and flow. It blends mat-based Pilates with standing strength and balance exercises, including small controlled movements, pulses, and squats.

The class is designed to improve core strength, posture, balance, mobility, flexibility, and muscular endurance. Exercises may be performed standing, seated, supine, or prone, with options offered to support a variety of experience and ability levels.

Each class will be approximately 60 minutes long.

Targeted Level

- | | |
|--|--|
| ☒ All Levels | ☐ Novice |
| ☐ Beginner | ☐ Beginner / Intermediate |
| ☐ Intermediate | ☐ Intermediate / Advanced |
| ☐ Advanced | ☐ Other (describe): |

Student Prerequisites

- You must be able to comfortably get up from, and down to, the floor unassisted.
- Wear comfortable clothing that allows you to stretch and bend.
- A Pilates mat suitable for floor exercises.
- Optional equipment, as directed by the instructor:
 - Magic Circles
 - Bands
 - Balls

Classroom Methodology

Pilates Fusion is practiced in bare feet or grip socks; shoes are not allowed. The instructor will guide participants through a combination of standing and mat-based exercise sequences. Classes may include traditional Pilates exercises, balance work, controlled pulses, squats, gentle stretching, and smooth transitions between movements. Options and modifications will be offered when available for those seeking less or more challenge.

The instructor will provide verbal and visual cues to support safe alignment and proper form. With the participant's permission, light hands-on guidance may be used. Modifications will be suggested to accommodate injuries, physical limitations, or balance concerns.

Upon completion of each class, participants should feel stronger, more balanced, more flexible, and more confident in their movement.