

PASSPORT



to Pilates

STAMP BOOKLET



1

TRAVEL



STANDING PILATES WITH MOLLY
MOLLY NILES RENSHAW

BASIC



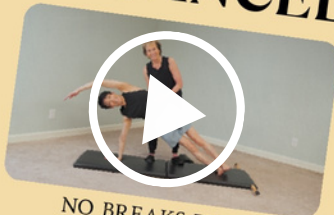
PILATES IGNITE
JUAN ESTRADA

INTERMEDIATE



DEFINE & REFINE MAT
MARINA URBINA

ADVANCED



NO BREAKS FLOW
SONJÉ MAYO

CLICK IMAGE TO OPEN CLASS

2



TRAVEL



CHAIR BURN
MARINA URBINA

BASIC



PILATES MAT IN 10
YUMI SHINE SEDGWICK

INTERMEDIATE



ABDOMINAL BLITZ WITH BLOSSOM
BLOSSOM LEILANI CRAWFORD

ADVANCED



POWER SET MAT
NICOLE SMITH

CLICK IMAGE TO OPEN CLASS



3

TRAVEL



UNWIND & DE-STRESS WALL PILATE
YUMI SHINE SEDGWICK

BASIC



STRETCH INTO WELLNESS MAT
CHAZ KNIGHT

INTERMEDIATE



REALIGN MAT
JESSICA MARCUSSEN

ADVANCED



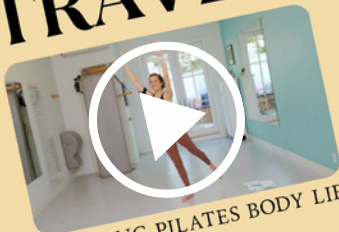
CORE & HIPS FLOW
KIM REIS

CLICK IMAGE TO OPEN CLASS



4

TRAVEL



STANDING PILATES BODY LIFT
CARRIE RUSSO

BASIC



FREE PLAY FLOW MAT
BLOSSOM LEILANI CRAWFORD

INTERMEDIATE



ARMS TO CORE MAT
TIZIANA TROVATI

ADVANCED



POWER FLOW WITH YUMI
YUMI SHINE SEDGWICK

CLICK IMAGE TO OPEN CLASS

5



TRAVEL



STRETCH INTO WELLNESS MAT
CHAZ KNIGHT

BASIC



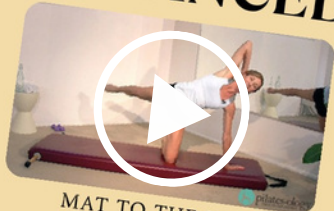
ARM SCULPT
VICTORIA TORRIE-CAPAN

INTERMEDIATE



7 MINUTES IN HEAVEN
NICOLE SMITH

ADVANCED



MAT TO THE MAX
ALISA WYATT

6



TRAVEL



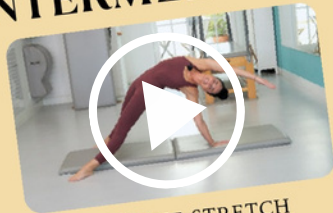
TALL AGAINST THE WALL
BRETT HOWARD

BASIC



STRETCHY MORNING MAT
ALISA WYATT

INTERMEDIATE



SUNRISE STRETCH
VERONICA RUIZ

ADVANCED



SOLIDCORE MAT
JUAN ESTRADA

7



TRAVEL



STANDING PILATES BALANCE
GLORIA GASPERI

BASIC



BASIC MAT WITH ARM WEIGHTS
VICTORIA TORRIE-CAPAN

INTERMEDIATE



GLOW & GO MAT
ALISA WYATT

ADVANCED

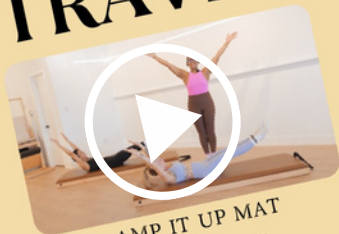


REVIVE & THRIVE MAT
MARINA URBINA

8

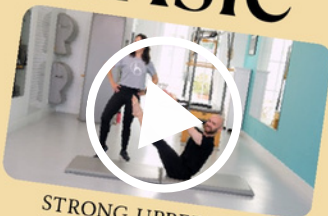


TRAVEL



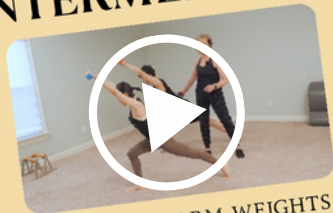
AMP IT UP MAT
NICOLE SMITH

BASIC



STRONG UPPER ABS
TIZIANA TROVATI

INTERMEDIATE



STANDING ARM WEIGHTS
SONJÉ MAYO

ADVANCED

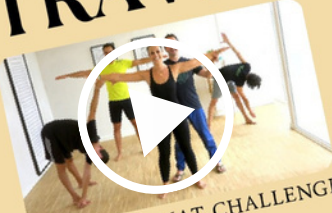


INTENSITY MAT: CARDIO
GINA PAPALIA



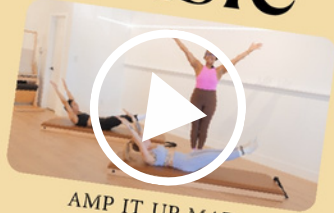
9

TRAVEL



STANDING MAT CHALLENGE
FABIEN MENEGON

BASIC



AMP IT UP MAT
NICOLE SMITH

INTERMEDIATE



STRETCH CHALLENGE MAT
CHAZ KNIGHT

ADVANCED



SPEED OF LIGHT 34 MAT
MONICA FELIX

10



TRAVEL



DESK REFRESH
VERONICA RUIZ

BASIC



AWAKENING MAT
VERONICA RUIZ

INTERMEDIATE



EXPRESS MAT - ARMS
KIM REIS

ADVANCED

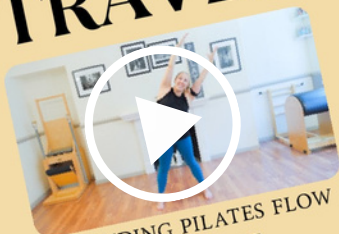


PILATES SNACK ATTACK MAT
MOLLY NILES RENSHAW



11

TRAVEL



STANDING PILATES FLOW
AMY BERGER

BASIC



STAND UP MAT
CLARE DUNPHY HEMANI

INTERMEDIATE



FLOW & GLOW MAT
CARRIE RUSSO

ADVANCED



UNCLE JOE'S MAT
CHRIS ROBINSON

12

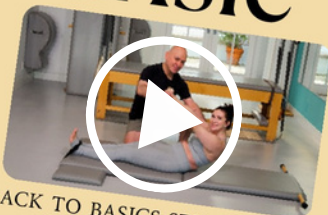


TRAVEL



INTENSITY LEGS WITH MARIANO
MARIANO DOLAGARAY

BASIC



BACK TO BASICS STUDIO: MAT
JUAN ESTRADA

INTERMEDIATE



STANDING PILATES WITH MOLLY
MOLLY NILES RENSHAW

ADVANCED



GOLD STAR MAT
CARRIE RUSSO



13

TRAVEL



THE WALL FOR BETTER POSTURE
ALISA WYATT

BASIC



STRETCH & RELAX MAT
MOLLY NILES RENSHAW

INTERMEDIATE



EXPRESS MAT - LEGS
KIM REIS

ADVANCED



SUPERMODEL LEGS WITH MEJO
MEJO WIGGIN

14

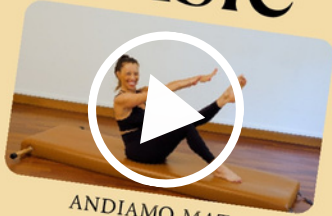


TRAVEL



STANDING PILATES WITH SIMONA
SIMONA CIPRIANI

BASIC



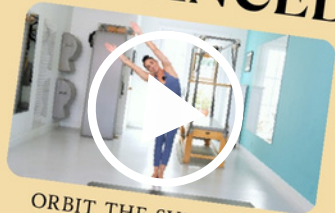
ANDIAMO MAT
GLORIA GASPERI

INTERMEDIATE



LIFTOFF MAT
JESSICA MARCUSSEN

ADVANCED



ORBIT THE SUN MAT
VERONICA RUIZ

15



TRAVEL



7 MINUTES IN HEAVEN
NICOLE SMITH

BASIC



CORE SCULPT FLOW
CARRIE RUSSO

INTERMEDIATE



POWER UP MAT
JUAN ESTRADA

ADVANCED



STANDING PILATES CHALLENGE
CARRIE RUSSO



16

TRAVEL



THE DAILY GLOW UP
MARINA URBINA

BASIC



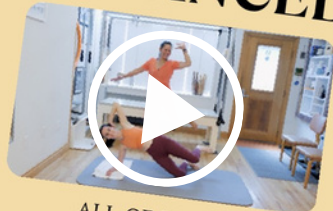
BEYOND BASIC
KIM REIS

INTERMEDIATE



POWER ARM WEIGHTS MAT
CHAZ KNIGHT

ADVANCED



ALL OF IT MAT
BLOSSOM LEILANI CRAWFORD

17



TRAVEL



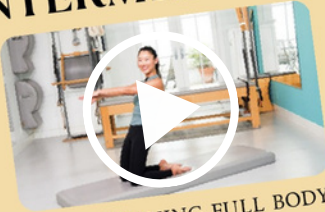
STANDING PILATES WORKOUT
VICTORIA TORRIE-CAPAN

BASIC



UNWIND & DE-STRESS WALL PILATES
YUMI SHINE SEDGWICK

INTERMEDIATE



GOOD MORNING FULL BODY
YUMI SHINE SEDGWICK

ADVANCED



BOSSY MAT
LORI COLEMAN-BROWN



18

TRAVEL



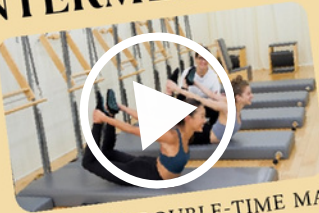
RISE & SHINE WALL PILATES
VERONICA RUIZ

BASIC



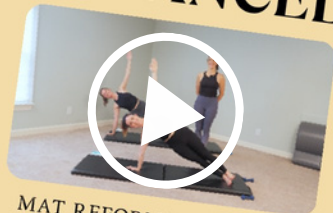
POWER MAT
NICOLE SMITH

INTERMEDIATE



HALF-TIME DOUBLE-TIME MAT
ALYCEA UNGARO

ADVANCED



MAT REFORMER MASH UP
VICTORIA TORRIE-CAPAN



*Summer
Challenge*
STAMP OF
COMPLETION

