

ballet. memphis.pilates

Be more fit, more flexible, more athletic, more resilient. With our personalized STOTT PILATES® fitness programs you can achieve more out of your workouts. We offer mat and equipment classes of all levels as well as Total Barre, Active for Life and Total Body Conditioning, as well as specialty clinics throughout the year.



MIDTOWN

2144 Madison Ave / 38104
(corner of Madison & Cooper)

KIRBY

1789 Kirby Pkwy #8 / 38120

Licensed Certified Training Center

Not only are all of our teachers certified, some also carry specialty certifications for special populations and equipment, and we offer the same training courses as the only licensed certification center in Memphis. Visit our website and search "Certification" to learn more.

MONDAY

time	class	instructor	location
6:00-7:00	Intermediate Equipment	Rachel Hewer	Kirby
7:30-8:30	Ess/Int Equipment	Julie Niekrasz	Midtown
8:00-9:00	Mat	Stephanie Hom	Midtown (coming soon!)
11:00-12:00	Essential Equipment New	Stephanie Hom	Midtown (coming soon!)
8:30-9:30	Intermediate Equipment	Katie Monaghan	Kirby
8:30-9:30	Ess/Intermediate Equipment	Pam VanGilder	Kirby
9:45-10:45	Ess/Int Equipment	Pam VanGilder	Kirby
9:45-10:45	Ess/Int Mat	Nanci Hargrove	Kirby
11:00-12:00	Active for Life	Nanci Hargrove	Kirby
12:00-1:00	Total Barre	Rachel Hewer	Kirby
3:00-4:00	Essential Equipment	Rachel Hewer	Kirby
5:30-6:30	Essential Equipment	Rachel Hewer	Kirby
5:30-6:30	Total Body Conditioning	Jonathan Dummar	Kirby
5:30-6:30	Essential Equipment	TBD	Midtown (coming soon!)

TUESDAY

7:30-8:30	Rise and Shine Mat	TBD	Midtown (coming soon!)
8:30-9:30	Ess/Int Equipment	Stephanie Hom	Kirby
8:30-9:30	Essential Equipment	Martha Heard	Kirby
8:30-9:30	Ess/Int Equipment	Katie Monaghan	Midtown (coming soon!)
9:45-10:45	Intermediate Equipment	Rachel Hewer	Kirby
9:30-10:30	Intermediate Equipment	Katie Monaghan	Midtown (coming soon!)
10:30-11:30	Essential Equipment	Katie Monaghan	Midtown (coming soon!)
11:00-12:00	Advanced Equipment	Rachel Hewer	Kirby
2:00-3:00	Cardio/Jumpboard	Rachel Hewer	Kirby
4:30-5:30	Intermediate Equipment	Pam VanGilder	Kirby
5:30-6:30	Essential Equipment	Stephanie Hom	Kirby
5:30-6:30	Ess/Intermediate Mat	TBD	Kirby
5:30-6:30	Intermediate Mat	Elizabeth Mensah	Midtown (coming soon!)

WEDNESDAY

<i>time</i>	<i>class</i>	<i>instructor</i>	<i>location</i>
8:00-9:00	Mat	Stephanie Hom	Midtown
9:30-10:30	Essential Equipment	Stephanie Hom	Midtown
8:30-9:30	Ess/Int Equipment	Tamara Hoffmann	Kirby
8:30-9:30	Intermediate Equipment	Katie Monaghan	Kirby
9:45-10:45	Ess/Int Equipment	Katie Monaghan	Kirby
9:45-10:45	Intermediate Mat	Tamara Hoffmann	Kirby
12:30-1:30	Essential Equipment	Stephanie Hom	Kirby
3:00-4:00	Ess/Int Equipment	Rachel Hewer	Kirby
5:45-6:45	Intermediate Equipment	Crystal Brothers	Midtown
5:45-6:45	Int/Advanced Equipment	TBD	Kirby
5:30-6:30	Total Body Conditioning	Jonathan Dummar	Midtown

THURSDAY

7:30-8:30	Rise and Shine Mat	TBD	Midtown
8:00-9:00	Advanced Equipment	Pam VanGilder	Kirby
8:00-9:00	Advanced Equipment	Rachel Hewer	Kirby
9:00-10:00	Essential Mat	Nanci Hargrove	Midtown
9:00-10:00	Ess/Int Equipment	Katie Monaghan	Midtown
9:00-10:00	Intermediate Equipment	Stephanie Hom	Kirby
10:00-11:00	Active for Life	Nanci Hargrove	Midtown
10:00-11:00	Essential Equipment	Katie Monaghan	Midtown
10:15-11:15	Jumpboard	Stephanie Hom	Kirby
11:30-12:30	Intermediate Equipment	Pam VanGilder	Kirby
4:30-5:30	Essential Group	Stephanie Hom	Kirby
5:30-6:30	Ess/Int Mat	Julie Niekrasz	Midtown

FRIDAY

<i>time</i>	<i>class</i>	<i>instructor</i>	<i>location</i>
8:00-9:00	Mat class New	TBD	Midtown
8:30-9:30	Intermediate Equipment	Pam VanGilder	Kirby
8:30-9:30	Intermediate Equipment	Stephanie Hom	Kirby
8:30-9:30	Intermediate Mat	Nanci Hargrove	Kirby
9:45-10:45	Ess/Int Equipment	Pam VanGilder	Kirby
9:45-10:45	Ess/Int Equipment	Nanci Hargrove	Kirby
11:30-12:30	Advanced Equipment	Rachel Hewer	Kirby
4:00-5:00	Mat class (<i>student dancers</i>)	Christina McKinney	Midtown
4:30-5:30	Advanced Equipment (<i>Athletic Cond.</i>)	Rachel Hewer	Kirby

SATURDAY

9:00-10:00	Essential Mat	Elizabeth Mensah	Midtown
9:00-10:00	Ess/Int Equipment	Crystal Brothers	Midtown
9:30-10:30	Intermediate Equipment	Pam VanGilder	Kirby
9:30-10:30	Essential Mat	Nanci Hargrove/ Tamara Hoffmann	Kirby
10:00-11:00	Essential Equipment	Elizabeth Mensah	Midtown
10:00-11:00	Int/Advanced Mat	Crystal Brothers	Midtown
10:30-11:30	Essential Group	Nanci Hargrove/ Tamara Hoffmann	Kirby
10:30-11:30	Ess/Int Equipment	Pam VanGilder	Kirby
10:30-11:30	Int/Advanced Mat	Jonathan Dummar	Kirby
12:30-1:30	Basic Pilates (<i>2nd Sat. of every month</i>)	Various	Kirby
12:45-1:45	Basic Pilates (<i>3rd Sat. of every month</i>)	Various	Midtown