

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, bodyART™ 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

<i>time</i>	<i>class</i>	<i>instructor</i>	<i>location</i>
6-7am	Intermediate Equipment	Rachel Hewer	Kirby
7:30-8:30am	Ess/Int Equipment	Julie Niekrazz	Kirby
8-9am	Mixed Mat	Stephanie Hom	Midtown
11-12pm	Essential Equipment	Stephanie Hom	Midtown
8:30-9:30am	Intermediate Equipment	Katie Monaghan	Kirby
8:30-9:30am	Ess/Int Equipment	Pam VanGilder	Kirby
9:45-10:45am	Ess/Int Equipment	Pam VanGilder	Kirby
9:45-10:45am	Ess/Int Mat	Nanci Hargrove	Kirby
11am-12pm	Active for Life	Nanci Hargrove	Kirby
11am-12pm	Essential Equipment	Stephanie Hom	Midtown
12-1pm	Total Barre	Rachel Hewer	Kirby
12-1pm	bodyART	Jocelyn Bronette	Midtown
3-4pm	Essential Equipment	Rachel Hewer	Kirby
4:30-5:30pm	Youth Pilates Mat	Rachel Hewer	Kirby
5:30-6:30pm	Essential Equipment	Rachel Hewer	Kirby
5:45-6:45pm	Total Body Conditioning	Jonathan Dummar	Kirby

TUESDAY

7:30-8:30am	Rise and Shine Mat	Tamara Hoffmann	Midtown
8:30-9:30am	Ess/Int Equipment	Stephanie Hom	Kirby
8:30-9:30am	Essential Equipment	Martha Heard	Kirby
8:30-9:30am	Ess/Int Equipment	Katie Monaghan	Midtown
9:45-10:45am	Cardio/Jumpboard	Rachel Hewer Katie	Kirby
9:30-10:30am	Intermediate Equipment	Monaghan Katie	Midtown
10:30-11:30am	Essential Equipment	Monaghan Rachel	Midtown
11-12pm	Advanced Equipment	Hewer Rachel	Kirby
2-3pm	Cardio/Jumpboard	Hewer Pam	Kirby
4:30-5:30pm	Intermediate Equipment	VanGilder	Kirby
5:30-6:30pm	Essential Equipment	Stephanie Hom	Kirby
5:30-6:30pm	Ess/Intermediate Mat	Pam VanGilder	Kirby
5:30-6:30pm	Intermediate Mat	Elizabeth Mensah	Midtown

WEDNESDAY

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

THURSDAY

7:30-8:30am	Rise and Shine Mat	Coming soon	Midtown
7:45-8:45am	Advanced Equipment	Pam VanGilder	Kirby
7:45-8:45am	Advanced Equipment	Rachel Hewer	Kirby
9-10am	Essential Mat	Nanci Hargrove	Midtown
9-10am	Ess/Int Equipment	Katie Monaghan	Midtown
9-10am	Intermediate Equipment	Stephanie Hom	Kirby
10-11am	Active for Life	Nanci Hargrove	Midtown
10-11am	Essential Equipment	Katie Monaghan	Midtown
10:15-11:15am	Jumpboard	Stephanie Hom	Kirby
11:30am-12:30pm	Intermediate Equipment	Pam VanGilder	Kirby
4:30-5:30pm	Essential Group	Stephanie Hom	Kirby
4:30-5:30pm	Cardio Barre	Jocelyn Bronette	Midtown
5:30-6:30pm	bodyART	Jocelyn Bronette	Midtown

FRIDAY

<i>time</i>	<i>class</i>	<i>instructor</i>	<i>location</i>
8-9am	Essential Mat	Christina McKinney	Midtown
8:30-9:30am	Intermediate Equipment	Pam VanGilder	Kirby
8:30-9:30am	Intermediate Equipment	Stephanie Hom	Kirby
8:30-9:30am	Intermediate Mat	Nanci Hargrove	Kirby
9:45-10:45am	Ess/Int Equipment	Pam VanGilder	Kirby
9:45-10:45am	Ess/Int Equipment	Nanci Hargrove	Kirby
11:30am-12:30pm	Advanced Equipment	Rachel Hewer	Kirby
4-5pm	Ess/Intl Mat	Christina McKinney	Midtown

SATURDAY

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