

## Better balance Pilates calendar - Checklist

### Week 1

- 1. **New class** - Pilates for better balance
- 2. Head to toe Pilates
- 3. Pilates to improve balance

### Week 2

- 1. **New class** - Pilates to improve balance and strength
- 2. Pilates balance class
- 3. Full body Pilates

### Week 3

- 1. **New class** - Core and balance Pilates workout
- 2. Strengthen and lengthen Pilates class
- 3. Total body Pilates workout

### Week 4

- 1. **New class** - Balance and control Pilates class
- 2. Leg focused Pilates class
- 3. Full body strength and conditioning

### Week 5

- 1. **New class** - Body balance Pilates class
- 2. Full body fusion
- 3. Pilates body blitz