

A woman with voluminous curly hair is performing a Pilates exercise on a reformer. She is wearing a light blue ribbed zip-up crop top and a matching skirt. Her arms are extended horizontally to the sides. The background features a bright, modern studio with large arched mirrors and potted plants.

REPERTOIRE

100 Pilates classes ready to teach

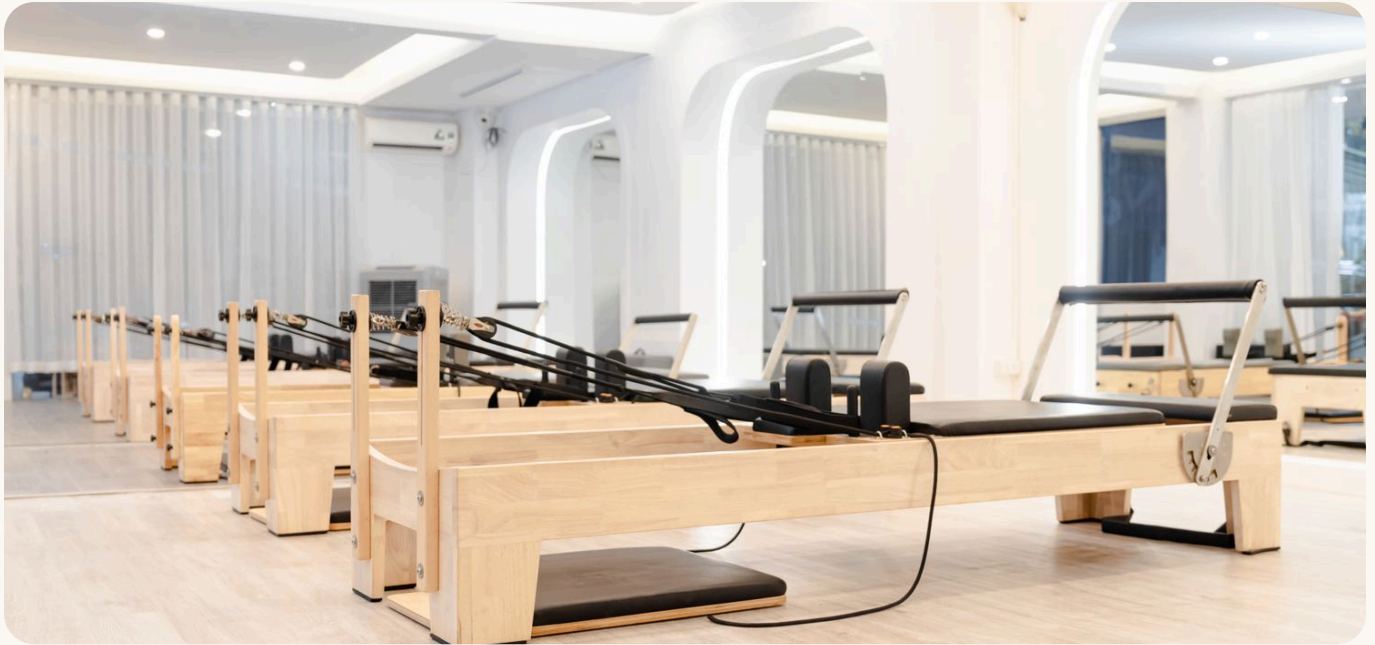
Every class comes with a goal, the order explained, the cue to say out loud, and a modification for every exercise. Open it, pick one, teach it.

40 Mat

40 Reformer

20 Props

60 min each



BEFORE YOU START

How to use this book

Every class has two parts

- **The opener:** the goal, the key to the class, and the blocks in order, with the minute each one starts and why it sits where it does.
- **The exercise cards:** one per exercise, with a drawing of the position, the dosage, the springs (on the Reformer), what to say out loud, and a modification for clients who need it.

Always 60 minutes, always with a logic

- **Warm-up:** breath, pelvis, and mobility. Never a demanding exercise.
- **Core before extension:** flexion comes while the body is fresh, and extension balances it afterward.
- **Rotation and side bending** once the spine has already moved forward and back.
- **Cool-down:** stretch what worked hardest.

On the Reformer, the studio order

- Supine (footwork, core, straps), seated, box work (set up once), kneeling and standing, and Mermaid and stretches to finish.
- That way you change positions and springs as little as possible, which is what eats up the most time in a class.
- Springs are listed by load (heavy, medium, light) and the usual number of springs, because colors vary from brand to brand.

Levels

- Beginner, intermediate, and advanced. No exercise is above the level of its class.

Reviewed by an instructor

- The exercise selection, order, dosage, springs, and timing were reviewed by an instructor trained in Mat and Reformer.

Before you teach any class

- Ask about injuries, pregnancy, and medical conditions. If something hurts, stop and refer out.
- The drawings show the main position; the cue tells you how it's done.

All 100 classes

Mat

40 CLASSES

01	First Contact Learn the basics: breath, neutral spine, and an active center.	Beginner
02	Core and Breath Switch on the core and coordinate it with the breath.	Beginner
03	Spinal Mobility Move the spine in every direction.	Beginner
04	Spinal Flexion Articulate the spine forward, one vertebra at a time.	Beginner
05	Extension and Upper Back Strengthen the back and open the chest.	Beginner
06	Rotation Rotate from the thoracic spine with a stable pelvis.	Beginner
07	Side Bending Lengthen and strengthen the sides of the torso.	Beginner
08	Glutes and Hamstrings Strengthen the posterior chain: glutes and hamstrings.	Beginner
09	Hips and Legs Hip mobility and strength with a quiet pelvis.	Beginner
10	Shoulders and Scapulae Shoulder stability and upper-back strength.	Beginner
11	Posture Align the spine and open the front of the body.	Beginner
12	Balance and Control Core control on unstable or smaller bases of support.	Beginner
13	Full Body Work the whole body with a balanced sequence.	Beginner
14	Core and Breath Switch on the core and coordinate it with the breath.	Beginner
15	Extension and Upper Back Strengthen the back and open the chest.	Beginner
16	Full Body Work the whole body with a balanced sequence.	Beginner

17	Core and Breath Switch on the core and coordinate it with the breath.	Intermediate
18	Spinal Flexion Articulate the spine forward, one vertebra at a time.	Intermediate
19	Extension and Upper Back Strengthen the back and open the chest.	Intermediate
20	Rotation Rotate from the thoracic spine with a stable pelvis.	Intermediate
21	Side Bending Lengthen and strengthen the sides of the torso.	Intermediate
22	Glutes and Hamstrings Strengthen the posterior chain: glutes and hamstrings.	Intermediate
23	Hips and Legs Hip mobility and strength with a quiet pelvis.	Intermediate
24	Shoulders and Scapulae Shoulder stability and upper-back strength.	Intermediate
25	Balance and Control Core control on unstable or smaller bases of support.	Intermediate
26	Posture Align the spine and open the front of the body.	Intermediate
27	Full Body Work the whole body with a balanced sequence.	Intermediate
28	Spinal Mobility Move the spine in every direction.	Intermediate
29	Core and Breath Switch on the core and coordinate it with the breath.	Intermediate
30	Extension and Upper Back Strengthen the back and open the chest.	Intermediate
31	Rotation Rotate from the thoracic spine with a stable pelvis.	Intermediate
32	Full Body Work the whole body with a balanced sequence.	Intermediate
33	Classical Repertoire, Part One Move through the classical mat order with smooth transitions.	Advanced
34	Core and Breath Switch on the core and coordinate it with the breath.	Advanced

35	Extension and Upper Back Strengthen the back and open the chest.	Advanced
36	Rotation Rotate from the thoracic spine with a stable pelvis.	Advanced
37	Balance and Control Core control on unstable or smaller bases of support.	Advanced
38	Full Body Work the whole body with a balanced sequence.	Advanced
39	Spinal Flexion Articulate the spine forward, one vertebra at a time.	Advanced
40	The Full Classical Mat Teach the classical mat order from start to finish.	Advanced

Reformer

40 CLASSES

41	First Contact Learn the basics: breath, neutral spine, and an active center.	Beginner
42	Core and Breath Switch on the core and coordinate it with the breath.	Beginner
43	Spinal Mobility Move the spine in every direction.	Beginner
44	Glutes and Hamstrings Strengthen the posterior chain: glutes and hamstrings.	Beginner
45	Hips and Legs Hip mobility and strength with a quiet pelvis.	Beginner
46	Shoulders and Scapulae Shoulder stability and upper-back strength.	Beginner
47	Extension and Upper Back Strengthen the back and open the chest.	Beginner
48	Rotation Rotate from the thoracic spine with a stable pelvis.	Beginner
49	Side Bending Lengthen and strengthen the sides of the torso.	Beginner
50	Strong Legs Leg strength and alignment.	Beginner
51	Posture Align the spine and open the front of the body.	Beginner

52	Balance and Control Core control on unstable or smaller bases of support.	Beginner
53	Full Body Work the whole body with a balanced sequence.	Beginner
54	Core and Breath Switch on the core and coordinate it with the breath.	Beginner
55	Strong Legs Leg strength and alignment.	Beginner
56	Full Body Work the whole body with a balanced sequence.	Beginner
57	Core and Breath Switch on the core and coordinate it with the breath.	Intermediate
58	Spinal Flexion Articulate the spine forward, one vertebra at a time.	Intermediate
59	Extension and Upper Back Strengthen the back and open the chest.	Intermediate
60	Rotation Rotate from the thoracic spine with a stable pelvis.	Intermediate
61	Side Bending Lengthen and strengthen the sides of the torso.	Intermediate
62	Glutes and Hamstrings Strengthen the posterior chain: glutes and hamstrings.	Intermediate
63	Strong Legs Leg strength and alignment.	Intermediate
64	Shoulders and Scapulae Shoulder stability and upper-back strength.	Intermediate
65	Balance and Control Core control on unstable or smaller bases of support.	Intermediate
66	Posture Align the spine and open the front of the body.	Intermediate
67	Full Body Work the whole body with a balanced sequence.	Intermediate
68	Spinal Mobility Move the spine in every direction.	Intermediate
69	Core and Breath Switch on the core and coordinate it with the breath.	Intermediate

70	Extension and Upper Back Strengthen the back and open the chest.	Intermediate
71	Strong Legs Leg strength and alignment.	Intermediate
72	Full Body Work the whole body with a balanced sequence.	Intermediate
73	Core and Breath Switch on the core and coordinate it with the breath.	Advanced
74	Extension and Upper Back Strengthen the back and open the chest.	Advanced
75	Rotation Rotate from the thoracic spine with a stable pelvis.	Advanced
76	Balance and Control Core control on unstable or smaller bases of support.	Advanced
77	Strong Legs Leg strength and alignment.	Advanced
78	Spinal Flexion Articulate the spine forward, one vertebra at a time.	Advanced
79	Full Body Work the whole body with a balanced sequence.	Advanced
80	Full Body Work the whole body with a balanced sequence.	Advanced

Props

20 CLASSES

81	Core and Breath Switch on the core and coordinate it with the breath.	Beginner
82	Hips and Legs Hip mobility and strength with a quiet pelvis.	Beginner
83	Full Body Work the whole body with a balanced sequence.	Intermediate
84	Extension and Upper Back Strengthen the back and open the chest.	Intermediate
85	Core and Breath Switch on the core and coordinate it with the breath.	Intermediate
86	Shoulders and Scapulae Shoulder stability and upper-back strength.	Beginner

87	Strong Legs Leg strength and alignment.	Beginner
88	Spinal Mobility Move the spine in every direction.	Beginner
89	Rotation Rotate from the thoracic spine with a stable pelvis.	Intermediate
90	Posture Align the spine and open the front of the body.	Intermediate
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92	Core and Breath Switch on the core and coordinate it with the breath.	Beginner
93	Glutes and Hamstrings Strengthen the posterior chain: glutes and hamstrings.	Intermediate
94	Balance and Control Core control on unstable or smaller bases of support.	Intermediate
95	Side Bending Lengthen and strengthen the sides of the torso.	Intermediate
96	Full Body Work the whole body with a balanced sequence.	Advanced
97	Balance and Control Core control on unstable or smaller bases of support.	Advanced
98	Full Body Work the whole body with a balanced sequence.	Intermediate
99	Full Body Work the whole body with a balanced sequence.	Beginner
100	Core and Breath Switch on the core and coordinate it with the breath.	Intermediate



CLASSES 01 - 40

Mat

From the floor to the classical repertoire, with a modification for every exercise.

16

Beginner

16

Intermediate

8

Advanced

01

First Contact

Mat

Beginner

60 minutes

GOAL

Learn the basics: breath, neutral spine, and an active center.

KEY TO THIS CLASS

Few exercises, well explained. In a first class, understanding matters more than doing.

THE CLASS, BLOCK BY BLOCK

0-10'	Warm-Up Breath and pelvis first: clients find their center and mobilize the spine before loading it.	3 exercises
10-22'	Core Flexion comes early, while the body is fresh, and sets up the extension that comes later.	3 exercises
22-31'	Legs and Hips With the core already switched on, the legs work from a stable pelvis.	2 exercises
31-38'	Extension After flexion, extension balances the spine and opens the chest.	2 exercises
38-44'	Rotation and Side Bending Once the spine has moved forward and back, we add twisting and side bending.	2 exercises
44-50'	Integration To close the main block, exercises that ask the whole body to work together.	2 exercises
50-60'	Cool-Down We stretch what worked hardest and bring the pace down to finish with the same breath we started with.	3 exercises

1 Warm-Up

10 MIN



Lateral Breathing

5-8 breaths

4 min

CUE

“Breathe into the sides and back of your ribs, like they're opening sideways.”

Modification: Hands on the ribs to feel them expand.



Imprint and Release

8 reps

3 min

CUE

“Exhale and gently draw your low back toward the mat; inhale back to neutral.”

Modification: Smaller range. Just feel the pelvis move.



Cat-Cow

6-8 reps

3 min

CUE

“Round your back as you push the floor away, then lengthen and open the chest forward.”

Modification: Smaller range if the low back complains.

2 Core

12 MIN



Knee Folds

6 each side

4 min

CUE

“Keep the pelvis still. Only the leg moves, from the hip.”

Modification: Lower the foot just partway; it doesn't need to touch down.



Dead Bug

6-8 each side

4 min

CUE

“Opposite arm and leg reach away while your center stays quiet.”

Modification: Move only the legs, arms reaching to the ceiling.



Spine Stretch Forward

5 reps

4 min

CUE

“Round forward one vertebra at a time, like you're curling over a beach ball.”

Modification: Knees bent, or sit on a block.

3 Legs and Hips

9 MIN



Clamshell

10 each side

5 min

CUE

“Heels together. The top knee opens without the pelvis rolling back.”

Modification: Open less, control more.



Leg Circles, Bent Knee

5 each direction

4 min

CUE

“Small circles from the hip. The pelvis doesn't move.”

Modification: Even smaller circles.

4 Extension

7 MIN



Swan Prep

6 reps

3 min

CUE

“Press gently into your hands and lengthen the crown of your head forward before you lift.”

Modification: Lift just the chest, resting on your forearms.



Quadruped Swimming

8 each side

4 min

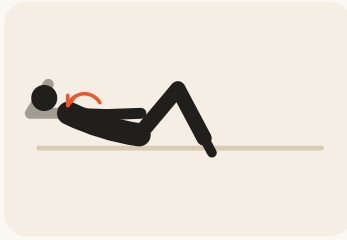
CUE

“Opposite arm and leg reach away and the chest stays open.”

Modification: Legs only.

5 Rotation and Side Bending

6 MIN



Chest Lift with Rotation

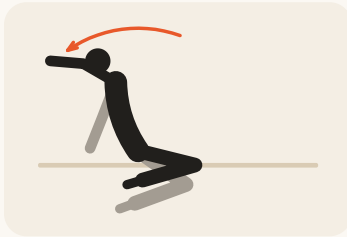
6 each side

3 min

CUE

“Lift to center, then rotate from the ribs, not the elbows.”

Modification: Rotate without curling up as high.



Mermaid

4 each side

3 min

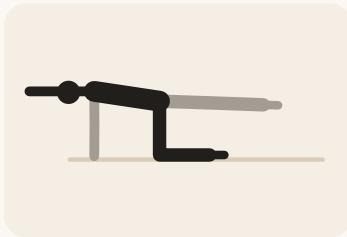
CUE

“The arm draws an arch overhead; both sit bones stay down.”

Modification: Sit on a block or cushion.

6 Integration

6 MIN



Bird Dog

6 each side

3 min

CUE

“Reach opposite arm and leg long, like someone's gently pulling both ends.”

Modification: Extend only the leg, or only the arm.



Kneeling Plank

20-30 sec

3 min

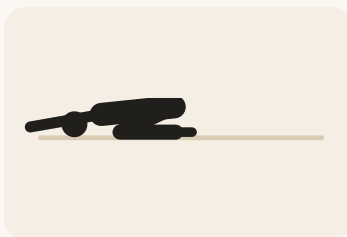
CUE

“One line from your head to your knees. Push the floor away.”

Modification: Forearms down.

7 Cool-Down

10 MIN



Rest Position

5 breaths

3 min

CUE

“Sit back on your heels and breathe into your back.”

Modification: Knees wide, or a cushion under the hips.



Figure 4 Stretch

30 sec each side

5 min

CUE

"Ankle over the opposite knee. Draw the legs in toward your chest without forcing."

Modification: Keep the bottom foot on the mat.



Seated Side Stretch

3 breaths each side

2 min

CUE

"Breathe into the side that's stretching."

Modification: Sit on a block.

MY NOTES FOR CLASS 01



CLASSES 41 - 80

Reformer

Sequenced the way you'd teach it in the studio, with the springs for every exercise.

16

Beginner

16

Intermediate

8

Advanced

41

First Contact

Reformer

Beginner

60 minutes

GOAL

Learn the basics: breath, neutral spine, and an active center.

KEY TO THIS CLASS

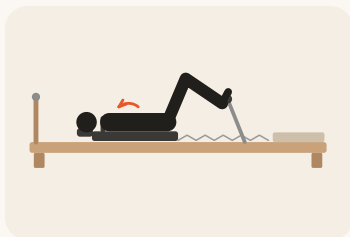
Few exercises, well explained. In a first class, understanding matters more than doing.

THE CLASS, BLOCK BY BLOCK

0-7'	Warm-Up Breath and pelvis first: clients find their center and mobilize the spine before loading it.	2 exercises
7-15'	Footwork Footwork lines up the legs and pelvis and warms up the whole body. Whatever you correct here carries through the rest of class.	5 exercises
15-21'	Core Flexion comes early, while the body is fresh, and sets up the extension that comes later.	2 exercises
21-28'	Legs in Straps With the feet in the straps, the pelvis learns to stay still while the legs move.	2 exercises
28-34'	Arms Light arm work wakes up the upper back and sets up extension.	2 exercises
34-43'	Box Work Everything that uses the box goes together, so you set it up once. Prone extension first, then seated core work and twists.	2 exercises
43-51'	Kneeling and Standing The most demanding balance work goes last, kneeling and standing on the carriage, once the body is warm.	2 exercises
51-60'	Cool-Down We stretch what worked hardest and bring the pace down to finish with the same breath we started with.	4 exercises

1 Warm-Up

7 MIN



Breathing on the Carriage

6 breaths

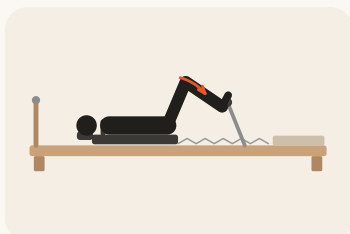
Springs: Medium • 2 springs

3 min

CUE

“Feet on the bar, neutral spine. Feel the carriage stay still under you.”

Modification: Knees bent, feet resting on the bar.



Knee Sways

6 each side

Springs: Medium • 2 springs

4 min

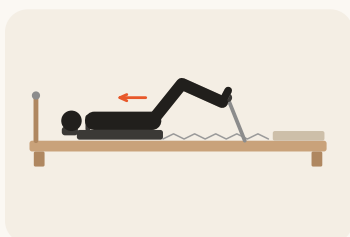
CUE

“Feet on the bar, knees together; they drop slightly to one side and your center brings them back.”

Modification: Smaller range.

2 Footwork

8 MIN



Footwork: Heels

10 reps

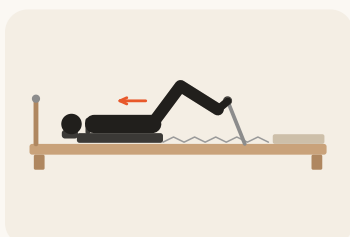
Springs: Heavy • 3-4 springs

2 min

CUE

“Heels on the bar, legs parallel; press out long and come back with control.”

Modification: Fewer springs, shorter range.



Footwork: Toes in Pilates V

10 reps

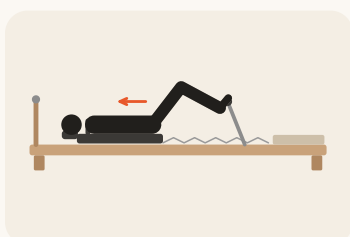
Springs: Heavy • 3-4 springs

2 min

CUE

“Heels together, toes apart; the heels don't separate as you press out.”

Modification: Fewer springs.



Footwork: Arches

10 reps

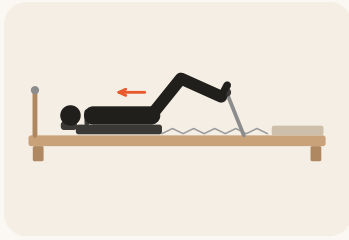
Springs: Heavy • 3-4 springs

2 min

CUE

“Arches on the bar, like your feet are hugging it.”

Modification: Fewer springs.



Footwork: Open Heels

10 reps

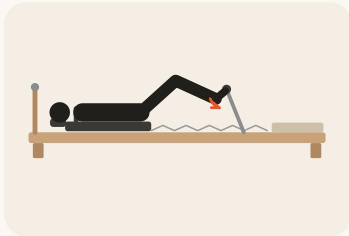
Springs: Heavy • 3-4 springs

1 min

CUE

“Legs as wide as the bar; knees in line with the feet.”

Modification: Fewer springs.



Footwork: Calf Raises

10 reps

Springs: Heavy • 3-4 springs

1 min

CUE

“Legs straight; lower the heels under the bar and rise up high.”

Modification: Shorter range.

3 Core

6 MIN



Chest Lift on the Reformer

8-10 reps

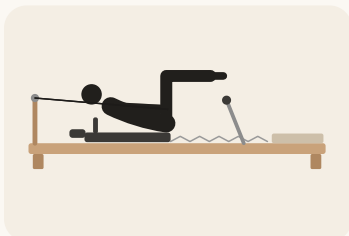
Springs: Medium • 2 springs

3 min

CUE

“Feet on the bar; exhale and slide the ribs toward the hips without moving the carriage.”

Modification: Hands behind the head.



Hundred Prep on the Reformer

50-100 pumps

Springs: Light-medium • 1-2 springs

3 min

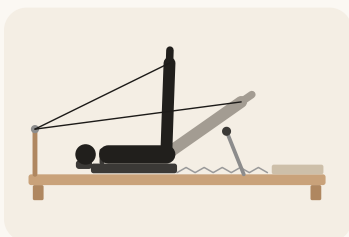
CUE

“Straps in hand, legs in tabletop; the carriage doesn't move while you pump.”

Modification: Head down.

4 Legs in Straps

7 MIN



Scissors in Straps

8 each side

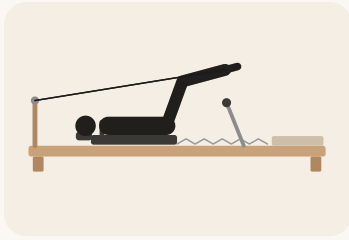
Springs: Medium • 2 springs

3 min

CUE

“The legs split like scissors, one to the ceiling and one down, with the pelvis still.”

Modification: Smaller range.



Frogs

10 reps

Springs: Medium • 2 springs

4 min

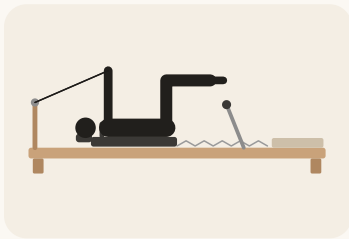
CUE

“Feet in the straps, heels together; straighten the legs without the pelvis moving.”

Modification: Less range.

5 Arms

6 MIN



Supine Arms: Chest Fly

8 reps

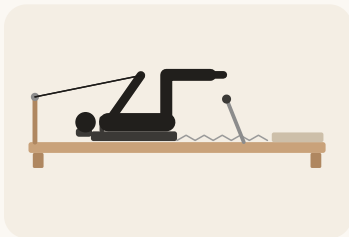
Springs: Light • 1 spring

3 min

CUE

“Arms to the ceiling, then open them wide like a big hug, without letting the carriage jerk.”

Modification: Smaller opening.



Supine Arms: Press Down

8 reps

Springs: Light • 1 spring

3 min

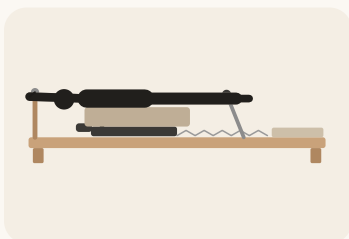
CUE

“Straps in hand; press the arms down to your sides without the ribs lifting.”

Modification: Smaller range.

6 Box Work

9 MIN



Breaststroke Prep

6 reps

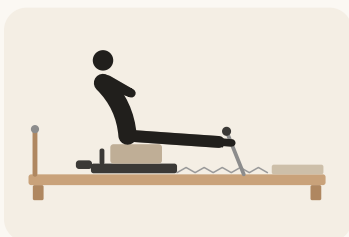
Springs: Light • 1 spring

5 min

CUE

“Lying on the box, hands in the straps; reach the arms forward and return as you lengthen the chest.”

Modification: Keep the chest down.



Short Box: Round Back

5 reps

Springs: Light • 1 spring

4 min

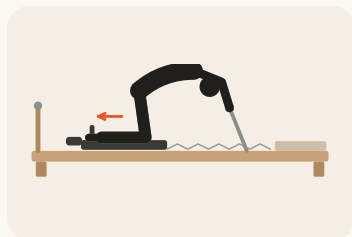
CUE

“Feet under the safety strap; round back and return.”

Modification: Shorter range.

7 Kneeling and Standing

8 MIN



Knee Stretch: Round Back

10 reps

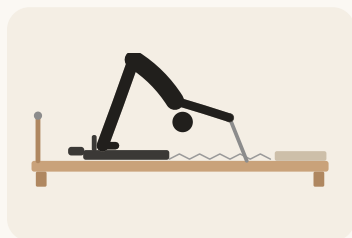
Springs: Medium • 2 springs

4 min

CUE

“Kneeling on the carriage, back rounded; the legs press back.”

Modification: Slower.



Elephant

8 reps

Springs: Medium • 2 springs

4 min

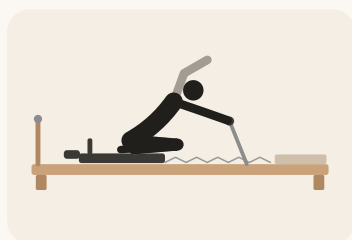
CUE

“Standing on the carriage, hands on the bar; the legs press and the back stays rounded.”

Modification: Shorter range.

8 Cool-Down

9 MIN



Mermaid on the Reformer

4 each side

Springs: Light • 1 spring

2 min

CUE

“One hand on the bar pushes the carriage and the body lengthens sideways.”

Modification: Shorter range.



Hip Flexor Stretch on the Reformer

30 sec each side

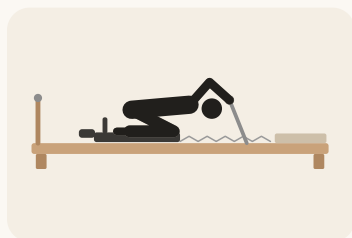
Springs: Light • 1 spring

3 min

CUE

“One foot forward on the carriage and the knee back; the pelvis moves forward square.”

Modification: Shorter range.



Back Stretch on the Carriage

5 breaths

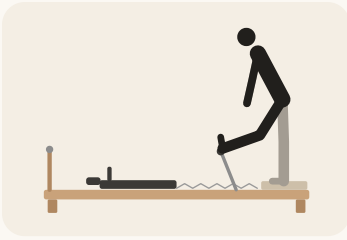
Springs: Light • 1 spring

1 min

CUE

“Hands on the bar and hips back; breathe into your back.”

Modification: Shorter range.



Hamstring Stretch at the Bar

30 sec each side

Springs: Light • 1 spring

3 min

CUE

“Heel on the bar and a long spine; hinge from the hips.”

Modification: Soften the knee.

MY NOTES FOR CLASS 41



CLASSES 81 - 100

Props

Magic Circle, resistance band, small ball, and stability ball, on their own or combined. For a mat class with something extra, or for studios without equipment.

8

Beginner

10

Intermediate

2

Advanced

85

Core and Breath

Mat • Magic Circle

Intermediate

60 minutes

GOAL

Switch on the core and coordinate it with the breath.

KEY TO THIS CLASS

The exhale goes with the effort. If a client holds their breath, make it easier.

THE CLASS, BLOCK BY BLOCK

0-10'	Warm-Up Breath and pelvis first: clients find their center and mobilize the spine before loading it.	4 exercises
10-25'	Core Flexion comes early, while the body is fresh, and sets up the extension that comes later.	4 exercises
25-34'	Legs and Hips With the core already switched on, the legs work from a stable pelvis.	2 exercises
34-41'	Extension After flexion, extension balances the spine and opens the chest.	2 exercises
41-47'	Rotation and Side Bending Once the spine has moved forward and back, we add twisting and side bending.	2 exercises
47-50'	Integration To close the main block, exercises that ask the whole body to work together.	1 exercise
50-60'	Cool-Down We stretch what worked hardest and bring the pace down to finish with the same breath we started with.	3 exercises

1 Warm-Up

10 MIN



Lateral Breathing

5-8 breaths

3 min

CUE

“Breathe into the sides and back of your ribs, like they're opening sideways.”

Modification: Hands on the ribs to feel them expand.



Cat-Cow

6-8 reps

2 min

CUE

“Round your back as you push the floor away, then lengthen and open the chest forward.”

Modification: Smaller range if the low back complains.



Pelvic Curl

6-8 reps

3 min

CUE

“Peel up one vertebra at a time from the tailbone, then draw your spine back down onto the mat.”

Modification: Lift only to the middle of the low back.



Ring Arm Press

10 reps

2 min

CUE

“Ring between the palms; squeeze at chest height, then high and low.”

Modification: Chest height only.

2 Core

15 MIN



Hundred with Ring

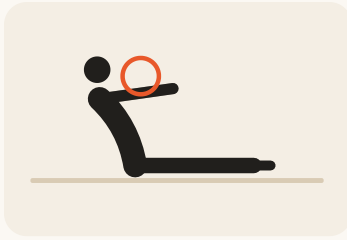
100 pumps

3 min

CUE

“Ring between the ankles; pump the arms without letting go of the squeeze.”

Modification: Legs in tabletop, ring between the knees.



Roll Up with Ring

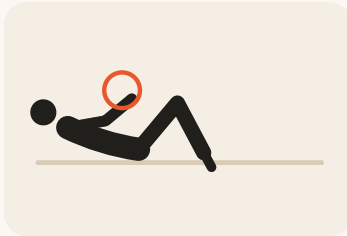
5 reps

4 min

CUE

“Ring forward with long arms; roll up articulating the spine.”

Modification: Half roll back with the ring.



Chest Lift with Ring

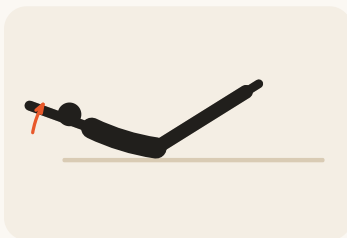
8-10 reps

4 min

CUE

“Squeeze the ring between your hands and curl up as the ribs slide down.”

Modification: Head down, just squeeze the ring.



Double Leg Stretch

6 reps

4 min

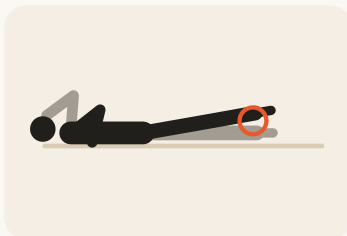
CUE

“Reach arms and legs long away from center, then come back to the ball.”

Modification: Legs higher, or arms only.

3 Legs and Hips

9 MIN



Side-Lying Ring Press

10 each side

6 min

CUE

“Ring between the ankles; the top leg presses down.”

Modification: Ring above the knees.



Seated Inner Thigh Squeeze

12 reps

3 min

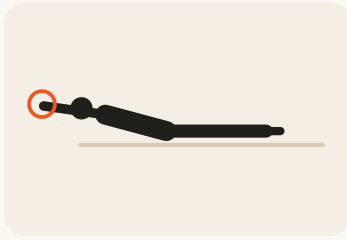
CUE

“Ring between the knees; squeeze and release without the spine slumping.”

Modification: Against a wall.

4 Extension

7 MIN



Prone Extension with Ring

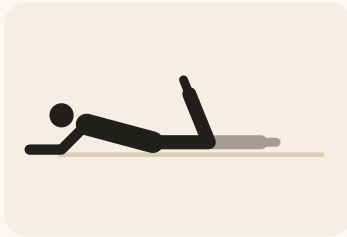
6 reps

3 min

CUE

“Ring between the hands in front; the chest lifts as you squeeze.”

Modification: No squeeze, extension only.



Single Leg Kick

6 each side

4 min

CUE

“Up on your forearms, chest lifted; double kick toward the glute.”

Modification: No double kick, just bend the knee.

5 Rotation and Side Bending

6 MIN



Criss Cross

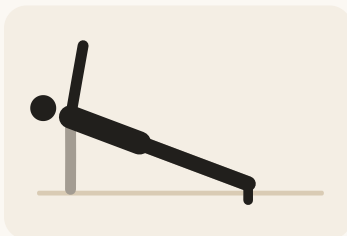
6 each side

3 min

CUE

“Bring your armpit toward the opposite knee; the back elbow stays wide.”

Modification: Head down between rotations.



Side Plank

20-30 sec each side

3 min

CUE

“One line from feet to head; don't let the hips drop.”

Modification: Kneeling Side Plank.

6 Integration

3 MIN



Pilates Push Up

3 reps

3 min

CUE

“Roll down, walk out to plank, three push-ups, and walk back up.”

Modification: Push-ups from the knees.



Rest Position

5 breaths

3 min

CUE

“Sit back on your heels and breathe into your back.”

Modification: Knees wide, or a cushion under the hips.



Seated Side Stretch

3 breaths each side

2 min

CUE

“Breathe into the side that's stretching.”

Modification: Sit on a block.



Half-Kneeling Hip Flexor Stretch

30 sec each side

5 min

CUE

“Shift the pelvis forward as one piece, without arching the low back.”

Modification: Cushion under the knee.

MY NOTES FOR CLASS 85



MOVING FORWARD

Your class, your voice

These 100 classes are a foundation. Swap an exercise for another from the same block, adjust the dosage to your group, and jot down what worked in each class. Over time, the repertoire becomes yours.

If a client is injured, pregnant, or an older adult

Always use the modification, and when in doubt, ask for her doctor's clearance before class.

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