

SIX DEGREES is a movement studio in the heart of Uptown. We offer a variety of group classes (see below) as well as private and semi-private sessions. We are also a licensed teacher training center with regular training in Pilates and barre instruction. At SIX DEGREES, you will find Flexibility, Strength, Endurance, and Restoration. You will build community by connecting through movement.

### **CLASSES:**

**PILATES REFORMER** Pilates is the core of Six Degrees. The Pilates Method is a comprehensive movement program that speaks to everyone, helping clients develop and use proper alignment and stabilization, thus giving all bodies the gift of freedom within movement. The Reformer is the traditional piece of equipment used in Pilates. Classes are limited to six students, allowing for individualized work and instructor attention. The machines' springs support the larger muscle groups so that you can focus on elongating and building the small muscles that support your posture and overall health. This class is periodically offered as a six-week series for beginners.

**MAT PILATES** Mat Pilates uses your own body weight to bring out your inner strength. The practice, designed as physical therapy and once known as "controlology," focuses on freedom of movement built on a strong core. It is adaptable to students of every level of physical ability and each class is led by a certified Pilates instructor.

**SIX DEGREES BARRE** Try our studio original! This total body workout is intense but rewarding, using a variety of props to skillfully blend cardio, Pilates, balance work, and strength training into an invigorating hour of fast-paced movement and music. Modifications are offered for all levels of student, and trained instructors emphasize form over speed.

**ASANA STRETCH** Asana Stretch Class is the most restorative movement in our studio. A practice meant to allow for moving meditation, assisted stretching, light massage, and centering within the body, Asana Stretch brings the benefits of yoga to each student's body through the experience and hands-on guidance of a confident, trained instructor and assistants. If we're talking about joints, this class is no-impact. If we're talking about stress reduction, flexibility, and rejuvenation, the impact is enormous.

**GENTLE YOGA** Our lowest impact yoga class, Gentle Yoga uses just a handful of restorative postures, letting you center in the pose and benefit from hands-on assists and modifications. This is a great class for those who might have limitations from injury, who are pregnant, or who are hoping to build flexibility and calm.

**VINYASA YOGA** This class couples movement with breath to get the blood flowing and build strength through flow sequences. Modifications are offered, and you should come prepared to sweat!

**DETOX YOGA** Cleanse yourself from the inside out with this class focusing on rigorous flow sequences and twisting postures.

**YOGA STRENGTH** Our most athletic yoga class, Yoga Strength sculpts strong, lean, healthy bodies. This intense workout uses weights and cardio as you flow through yoga sequencing.

**TRX** Born in the Navy SEALs, TRX develops strength, balance, flexibility, and core stability. Each class can accommodate up to 12 students of any level, with particular focus paid to perfecting form so as to make each exercise safe and effective. This class is circuit style training and fitness shoes are optional.

**SIX DEGREES STRENGTH** A circuit-based training class using your own body weight along with props like kettlebells and TRX straps to raise your heart rate and sculpt your muscles. It's low-impact and high-intensity. Rooted in Pilates, this invigorating class builds strength and endurance.