

Group Class Prerequisite

OVERALL BODY WORKOUT

Group Classes	Our prerequisite for NEW to Pilates clients	Our prerequisite for those who had Pilates experience BUT new to O:RIN
Beginner	Any level is welcome	Any level is welcome
All Level	At least 3 Beginner classes	All are welcome
Intermediate	At least 3 All Level classes	MUST attend 1 O:RIN All Level class
Advanced	At least 5 Intermediate classes.	MUST attend 1 O:RIN Intermediate class
Mat Pilates	Any level is welcome	All are welcome

FOCUSED BODY WORKOUT

Group Classes	Our prerequisite for NEW to Pilates clients
Core Strength	At least 3 Beginner and/or All Level
Thighs & Glute	At least 3 Beginner and/or All Level
Jumpboard	At least 3 Beginner and/or All Level
HIT	At least 5 All Level and/or Intermediate
Body Workout	At least 3 Intermediate and/or All Level
Lower Body Toning	At least 3 Beginner class
Arm & Shoulder	At least 1 Beginner class
Stretch Flexibility / Yin Pilates	At least 1 Beginner class
Bootcamp	At least 5 All Level and/or Intermediate