

MS EDITS

Pvolve Class Types & Pacing

Pvolve class categories are listed at the top of your 'Classes' Page.

[Get Started](#): New to Pvolve? Head here for our introductory classes. There's a mix of no equipment and equipment options, class types, and trainers.

[Strength & Sculpt](#): Our signature class that blends low-impact exercises with our resistance-based equipment to build strength, mobility and stability.

[Progressive Weight Training](#): A mix of heavy weight training and dynamic functional movements to build strength, muscle mass, rev up your metabolism for body composition changes, and improve bone density.

[Sculpt & Burn](#): This high-intensity class builds strength and power, elevates your heart rate, and improves your cardiovascular health with a mix of cardio pushes and functional movements.

PWT + Sculpt + Burn: This PWT + Sculpt + Burn class combines our three signature class types to build strength, mobility, stability, muscle mass, and improve your cardiovascular health.

[Mat Definition](#): Focus on deep core activation with a combination of mat Pilates principles and Pvolve's functional movement.

[Recover & Stretch](#): Restorative stretches and myofascial release techniques designed to improve mobility, flexibility, and calm the body and mind.

[Movement Therapy](#): Co-created with our Clinical Advisory Board and expert team of Trainers, these educational classes are tailored to meet your needs based on your unique physiology, age, goals or sensitivities (think Pelvic Floor Health and Back Strengthening).

[Meditation](#): Reduce stress and connect deeply to your mind and breath with a practice made to compliment your entire wellness routine.

You'll see hybrid classes as well in our 'Collections' like the following:

[Sculpt & Mobility](#): is a blend of low-impact strengthening exercises with an emphasis on mobility to improve your range of motion, posture, flexibility, and help prevent injury

Just like we have different types of classes, we also include different paced workouts to provide more detail about what to expect:

Slow and Steady - Flowing, slow controlled movements with slower transitions

Ebbs and Flows - Dynamic, peaks of speed and slow, controlled movements woven together

Fast-Paced - Continuous speed, movements with quicker transitions

Class Types & Pacings

PVOLVE CLASS CATEGORIES: LISTED AT THE TOP OF YOUR 'CLASSES' PAGE

Get Started: New to Pvolve? Head here for our introductory classes. With a mix of no equipment and equipment options, class types, and trainers

Strength & Sculpt: Our signature class that blends low-impact exercises with our resistance-based equipment to build strength, mobility and stability.

Progressive Weight Training: A mix of heavy weight training and dynamic functional movements to build strength, muscle mass, rev up your metabolism for body composition changes and improve bone density.

Cardio Burn: This high intensity class will build strength and power, elevate your heart rate and improve your cardiovascular health with a mix of cardio pushes and functional movements.

Mat Definition: Focus on deep core activation with a combination of mat Pilates principles and Pvolve's functional movement.

Recover & Stretch: Restorative stretches and myofascial release techniques designed to improve mobility, flexibility, calm the body and mind.

Movement Therapy: Co-created with our Clinical Advisory Board and expert team of Trainers, these educational classes are tailored to meet your needs based on your unique physiology, age, goals or sensitivities (think Pelvic Floor Health and Back Strengthening).

Meditation: Reduce stress and connect deeply to your mind and breath with a practice made to compliment your entire wellness routine

You'll see hybrid classes as well in our 'Collections' like the following:

Sculpt & Mobility: Sculpt & Mobility is a blend of our signature lower impact exercises with an emphasis on rotations to improve mobility and challenge stability.

Sculpt & Burn: Sculpt & Burn combines the best of both worlds—the targeted sculpting exercises in Strength & Sculpt with cardio bursts to build stamina. The class ebbs and flows between sculpt and cardio elements for a diverse and dynamic full-body workout that strengthens every muscle in the body, including your heart.

Just like we have different types of classes we also include different paced workouts to provide more detail about what to expect from the class. There are always ways to These pacings are:

Slow and Steady - Flowing, slow controlled movements with slower transitions

Ebbs and Flows - Dynamic, peaks of speed and slow, controlled movements woven together

Fast-Paced - Continuous speed, movements with quicker transitions