

Streaming Schedule

Password for all classes: 1348

In-studio classes have resumed (6/29) and our virtual classes can now be booked through the Club Pilates App/ Website!

If you are an active member of Club Pilates Lincoln Park, Club Pilates North Center, or Club Pilates Wicker Park, virtual classes are included in your membership.

If you're new to CP, call/ text/ email the studio for virtual membership options

Club Pilates Lincoln Park - lincolnpark@clubpilates.com - 312.734.1070

Club Pilates North Center - northcenter@clubpilates.com - 773.789.7507

Club Pilates Wicker Park - wickerpark@clubpilates.com - 312.857.5357



CLUB PILATES®
Lincoln Park/ North Center/
Wicker Park

VIRTUAL CLASS SCHEDULE

Week of June 28th - July 4th

SUNDAY

9:15am Mat for All
10:30am Control (Barre + Pilates)

MONDAY

7am Control (Barre + Pilates)
9:15am Advanced Mat
12:15pm Mat for All
5:45pm Mat for All

TUESDAY

7am Mat for All
9:15am Mat for All
12:15pm FIT/ Cardio
5:45pm Mat for All

WEDNESDAY

7am FIT/ Cardio
9:15am Mat for All
12:15pm Foundational Mat
5:45pm Mat for All

THURSDAY

7am Mat for All
9:15am Mat for All
12:15pm Advanced Mat
5:45pm FIT/ Cardio

FRIDAY

7am Mat for All
9:15am Control (Barre + Pilates)
12:15pm Mat for All

SATURDAY

8am FIT/ Cardio
10:30am Mat for All

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Class Type/Level

Mat For All - All levels

Strengthen your core working your whole body while focusing on stability, control and balance. Progressions and Modifications provided.

Optional Props: [Fit ball](#)/ rolled up towel, [weights](#), [resistance bands](#), stable chair

Advanced Mat Flow

Increase the challenge to your core with more advanced choreography and exercises (Pilates Experience Recommended)

Optional Props: Fit ball, weights, resistance bands, towel

Mat/Barre Fusion (Control)

Come and sweat with us as you work your whole body with added strength exercises to build upper and lower body strength.

Optional Props: Fit ball, weights, resistance bands, [gliding discs](#), household chair, towel

FIT/Cardio Fusion

Perfect mix of high-intensity, calorie-blasting cardio work and lower-intensity, Pilates-based strength training

Optional Props: Fit ball, weights, resistance bands, household chair, towel