

**Class Design –****Warm Up –**

Inhale/4C, Exhale 4C/ Arms reach out and up (2X)

Circle Arms up and in front of face and body (2X)

Roll Down (8C)

Neutral Spine (8C)

Spinal Flexion (8)

Rotation and Lateral Flexion (8C) (Criss Cross Arm w/extended arm)

Neutral Spine (8C) – (Squat/Chair Pose) – Arms reach out

Stand Tall (8C)

Standing Mermaid (8C) – Stepping to side (wide 2<sup>nd</sup>)

Back to Standing Neutral – Balletone Arms to Side

Repeat ½ time without first arms

Repeat ½ time with first arms

**Standing Hundreds**

Progression: Shoulder Reaches forward and back, decrease ROM

Add: Hundred Arms, Add Balance: Point in front and lift

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**Plie/Bend - REFORMER FOOT WORK – BALLESTONE FOUNDATION /  
POWER MOVEMENTS – Breath: exhale to bend, inhale to lengthen**

a. Parallel Bend and Straighten – no hip flexion 4X

Squat with Arms – Parallel

1<sup>st</sup> with outside wrap – Bend and Straighten

Heel Lifts

b. Balletone Foundation

Point, Bend on R to 2<sup>nd</sup> 4 X on 4<sup>th</sup> come to close

Point, Bend on L to 2<sup>nd</sup> 4X on 4<sup>th</sup> come to close

c. Balletone Power

Triple Bend – facing front – no side movement

Repeat Sequence –

Add Moving Triple Bend Lyrical Lunge with arms

End Plie to transition to Trace the Clock in narrow stance

**Dynamic Stretch Sequence – Combines Balletone Power Movement with  
Stretches and Pilates Rotational Progressions**

- A. Trace The Clock (narrow plie) – Version of Saw – prep for Saw
- B. Lunging Stretch – Round Back and Flat Back
- C. Hanging Stretch – prep for Saw
- D. Saw – Properties of Trace the Clock

**Balance Intervals–**

Fitness/Balletone/Yoga Sequence

A. Squat – Squat to side/Hinge with Straight Legs/Squat/Step together

Arms: Forward/Side/Forward,Overhead

B. Battemonte Series

Balletone:Plie Side/Lift Leg Front (8C)

Repeat to other side

Increase tempo: Plie, Lift Leg Front (4C)

C. Modified Chair Sequence

Slow Descent – 8C, Hold 8C, Lift Heels 8C, Releve to Standing 8C

**Standing Roll Down / Walk out to Plank**

Inverted Leg Kicks

Lunge Forward – add rotation

Repeat to Other Side

**Arms in Straps Sequence**

A. Hug A tree

Single Arm Hug A Tree R 2X, Balletone Arm 2X in Wide Stance

Double Arm Hug A Tree in Narrow Position prepare for Fondu

Single Arm Hug A tree 2X, Balletone Arm 2X with Lunge R (Tombe)

Double Arm Hug A tree with Fondu

Repeat L

Diagonal Plane Movement:

Repeat Single Arm Hug, Double Arm Hug with Fondu

## Pilates Moves DCAC 09 Choreography

Walk 3 to Diagonal, lift leg back 4, down 5,6 7.8 . lift 2X (8C)

Single Leg Kick 3 times (Kick Kick extend)

Walk 3 back to face front , lift front leg on 4, down 5,6,7,8 lift 2X 8C)

to Passe

Passe (Find your Knee) with Shave the Back of the Head arms.

Transition to Wide Jazz Plie or Plie and Point

### \Balancing Act/ Hip Rolls to Modified Upright Teaser/ Short Lever and Long Lever

Knee Up, Rotate to outside Rotate to Inside, Rotate to outside,  
extend knee, Bend and lower to point, straighten and lift, Bend and  
Repeat L

Arms Follow Legs

B. Moving Leg Lifts Balletone Movement Long Lever Compliment to Teaser:

Moving Leg Lift- Slow (Step Side, Leg Lift Front)

Fast - On last rep, leg remains elevated:

Criss Cross to Same Side with Leg Elevated 2X

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### Standing Side Lying

A. Balletone Leg Circles – Pointe F, S, B

Circle Around

B. Pilates Leg Circles F & B

C. Pointe Back, Bend, Pointe Front, Bend Back 4X

Rear Arabesque, Lift in Rear Arabesque Lower 4X

**Pilates Moves DCAC 09 Choreography**

- E. Pilates Snake – Slow 4X Same Side – (compliments Courtsey Lunge)
- F. Balletone Courtsey Lunge Quick - 4 same side  
Traveling Courtsey Lunge Quck – alternating to transition side
- G. Side Leg Lifts
- H. Big Brushes

**New Chapter****Flow Series - Done to Cool Down Music (no distinguishable beat)**

- A. Neck Pull to moving Swan  
Add – Torso Extension w/bent knees lifting torso into extended spine, Roll up, Step back to opposite Arm/opposite Leg  
Tombe Forward 3x  
Return ¼ turn (using all 3 corners- side, side, front)

**Standing Cool Down**

- A. Standing Mermaid
  - B. Wide Trace the Clock
- Step Left Leg back to seated position
- Mermaid Seated
  - Stretch/ Box Lift 2x
  - Turn to Plank
  - Hinge to Inverted Position
  - Jazz Lunge, Rotate and reach back
  - Hamstring Stretch
  - Jazz Lunge to Seated Mermaid

Transition to other side....

Repeat to other side

Thanks for attending this workshop!

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