

morning mat with stephanie bittner

Step into your day with our 30-minute all-level morning mat class. A slow-building flow designed to awaken and invigorate your body + mind.

energize mat with kristen barrett, jane olsen + stephanie bittner

Strengthen, align, and build heat with our 45-minute energizing all-level flow.

energize reformer with matt mcculloch

Strengthen, align, and build heat with our 45-minute energizing all-level reformer flow. (Reformer apparatus required).

core vinyasa flow with carrie mcculloch

Weave Pilates principles into an energizing 45-minute vinyasa flow class. Work from the inside out, cultivate heat you can sustain, and move through your practice with power and ease.

found objects circuit with matt mcculloch

I spy a broom, a chair, and a can of beans. Transform found objects around your home into effective props in this fun 45-minute athletic Pilates flow.

core function with jinny mcgivern, CFMT, DPT, RYT

Explore a targeted combination of flexibility and stabilization activities and enhance your movement efficiency with this 45-minute class, taught by Kinected FMT Jinny McGivern, DPT, RYT.

teacher jam with matt mcculloch

For teachers, by teachers. Join our series of self-care classes for movement professionals.

pilates HIIT with kelly kane

Sweat it out with integrity in our 45-minute High Intensity Interval Training (HIIT) class taught by Kelly Kane.

body conditioning for dancers with kuan hui chew

Unlock your movement potential with this creative and challenging 90-minute class, designed to connect dancers to the body's innate intelligence and natural biomechanics.

beginner's pilates mat with kristen barrett

New to Pilates? Now's the time, baby! Take it step by step in our 30-min intro-level class. Learn the method and uncover a stronger, more flexible, and healthier version of you.

therapeutic pilates mat with kristen rizzuto

Nagging aches & pains? Learn modifications to alleviate common complaints like back pain, S.I. joint dysfunction, and more while engaging in a safe, invigorating workout.

mat express with matt mcculloch

Short, sweet, to-the-point all-level 30-minute flow.

release with matt mcculloch

Take a break to open tight hip flexors and shoulders, mobilize your spine, and feel better in just 20 minutes.

community mat with matt mcculloch

Movement is still medicine no matter what the world throws our way. Prescribing free weekly doses for our kinected community via social media.

kinectED: anatomy Q&A with kristen rizzuto

Designed for our teachers-in-training but open to all, our weekly anatomy lecture and Q&A series focuses on different aspects of our joint of the month.

kinected kids with matt mcculloch

Burn kiddo energy and save parental sanity with our 20-minute Pilates-based mindful movement classes for kids.

evening mat with monica mordant + jane olsen

Unwind and let go with our evening classes. Tune into breath and body, and tune out the rest.