



# Course Catalogue 2024

Erica Cardenas  
Lausanne | Geneva | Online

La Erica

# Reformer Pilates

## Newbie

Newbie is a beginner reformer class, perfect for those exploring Pilates fundamentals. Great for anyone new to the Pilates reformer!

KYSKO Lausanne and Geneva

## Flow

Elevate your Pilates reformer practice with challenging variations and dynamic full-body movements. Great for those who understand Pilates principles and want to improve core strength, coordination, and flexibility.

KYSKO Lausanne and Geneva

## Booty & Abs

Strong Pilates reformer practice focusing on the abdominals and lower half of the body. Challenge your stability and control on the reformer!

KYSKO Lausanne

## Reformer & Tower

This combination offers a diverse and dynamic workout! Great for clients with an intermediate level reformer Pilates practice that would like to enhance their workout with added resistance and stretches with the Tower system.

KYSKO Lausanne

## Jumpboard

Experience a dynamic cardio session with Jumpboard on the reformer. Elevate your heart rate with this low-impact workout.

KYSKO Lausanne and Geneva

## All levels

This class is designed to accommodate everyone from beginners to advanced. Modifications and variations of each exercise are offered. The Newbie course is recommended if you have never joined a reformer class.

KYSKO Lausanne and Geneva



## Mat Pilates

Focus on Pilates fundamentals with mat Pilates exercises. All you need is your mat!

Online

## Private Lessons

Private lessons at any level are available upon request. Private training sessions are great to focus on your goals. Please contact Erica directly to discuss times and individual plans.

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# Lagree

Lagree is an intense full-body strength workout on the specialized Lagree machine. The workout challenges and sculpts muscles while promoting balance and stability. This is an All levels class. Modifications and variations are given to ensure everyone can join.

KYSKO Geneva

**Visit [www.laerica.com](http://www.laerica.com)  
to connect and see all  
class times.**

 @laericapilates    +41 77 268 79 40    pilates@ericacardenas.com



**La Erica**