New York Pilates Brings the Classical Repertoire Into Focus With Classical Flow

A more advanced class complements the studio's signature contemporary Abs Arms Ass™ method.

NEW YORK, October 15, 2026 - New York Pilates is spotlighting Classical Flow, a more advanced class that gives students a way to explore the classical Pilates repertoire alongside the brand's signature contemporary Abs Arms Ass method.

As outlined in New York Pilates' October 9 editorial, Classical Flow centers on an established repertoire and sequence. Taught by NYP's most advanced instructors, the class gives experienced students an opportunity to deepen their familiarity with the structure of classical Pilates, with attention to breath, precision, and controlled movement.

Repetition is central to the experience. Returning to a recognizable movement gives students a reference point for noticing detail: how they coordinate their breathing, organize their shoulders, control the reformer carriage, and move between exercises. Familiarity becomes a way to investigate the practice more closely.

Classical Flow sits alongside Abs Arms Ass, NYP's contemporary reformer method. Built from classical concepts, Abs Arms Ass follows a deliberate progression while allowing instructors to introduce purposeful variations, modifications, and advancements within that framework.

The two formats offer different ways to work with the same foundations. Students can explore the structure of the classical repertoire and bring that understanding back to their contemporary practice. Across both, instruction emphasizes the relationship between breath, form, and movement.

Classical Flow is intended as a more advanced class. Students who are unsure whether the format is appropriate for their experience should speak with the NYP team before booking. Current classes and availability are listed on the New York Pilates schedule.

ABOUT NEW YORK PILATES

Founded in 2013 by Heather Andersen and Brion Isaacs, New York Pilates is an independently owned reformer Pilates brand with studios across New York City and the Hamptons. Its approach brings together movement education, studio design, music, and a distinct New York point of view.

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