



montclair village  
*pilates*

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## 2024 Hosted Group Classes

*\*Provided for convenience—subject to change*

**Intro to Group Pilates  
Workshop with Krista!  
Sunday, April 28; 10am**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>9:00am: Group Equipment Circuit: Kim</u></p> <p><u>11:00am: Mixed Level Reformer: Krista</u></p> <p><u>5:00pm: Mixed Level Reformer: Melanie</u></p> <p><u>6:15pm: Mixed Level Reformer: Kim</u></p>	<p><u>10:00am: Reformer: Roya</u></p> <p><u>11:30a: Intermediate Reformer Plus: Kelly</u></p> <p><u>5:30pm: Adv Mat: Sophia</u></p> <p><u>6:30pm: Beginner Mat: Sophia</u></p>	<p><u>9:00am: Group Equipment Circuit: Kim</u></p> <p><u>11:00am: Mixed Level Reformer: Valerie</u></p> <p><u>4:45p: Level 2+ Reformer &amp; More: Krista</u></p> <p><u>5:45p: Level 3 Reformer &amp; More: Krista</u></p>	<p><u>12:15p: Advanced Equipment: Sophia</u></p> <p><u>1:30p: Intermediate Equipment: Sophia</u></p> <p><u>5:00pm: Pilates Playground: Melanie</u></p> <p><u>6:45pm: Beginner Reformer: Sophia</u></p>	<p><u>8:30am: 3-week Tower series: Krista (starts 1/12)</u></p> <p><u>9:30a: Reformer Level 1 &amp; 2: Krista</u></p> <p><u>2:30p: Mixed Level Reformer: Kelly</u></p>
Saturday	Sunday	<p>MVP is a friendly Pilates studio with 2 locations in Montclair Village.</p> <p>We rent space to more than a dozen Pilates &amp; Movement professionals.</p> <p>Each teacher operates as their own business and handles their own signups &amp; payment.</p> <p><b>To sign up for a class or private session:</b> Contact the teacher directly. Electronic versions of this flyer have live links to their websites and/or email addresses. Print versions: Turn the page over for contact information!</p>		

**www.montclairvillagepilates.com**  
**510-499-5559**

Questions? Reach out! [Info@montclairvillagepilates.com](mailto:Info@montclairvillagepilates.com)

MVP is proud to be a unique Pilates studio.

It is woman-owned and operated by a solo local business owner, Krista Knudsen Thomas. MVP hosts many Pilates teachers, and they all operate their own businesses as studio renters. Krista acts as a facilitator and Movement Matchmaker, helping teachers grow their businesses and building our studio community. Visit our 2 beautiful studios in the Montclair Village area of Oakland: our original location focuses on private and semi-private sessions, and our new space hosts over 20 group classes per week.

Our studio community attracts folks who want to be committed and consistent. Teachers are truly dedicated to enhancing the well-being and health of their clients. MVP renters specialize in diverse types of Pilates and teaching styles: classical, contemporary, therapeutic, fitness-based, pre/postnatal, and more.

Welcome to MVP!

## Get Connected with a Pilates Teacher!

*Digital versions of this brochure feature live links to contact teachers directly. Visit our website to complete the [Movement Matchmaker Inquiry Form](#) for guidance from Krista.*

**Krista Knudsen Thomas:** [www.montclairvillagepilates.com](http://www.montclairvillagepilates.com)

**Kelly Fifield:** [www.kfpilates.com](http://www.kfpilates.com)

**Melanie Hilario:** [mel@fitandmel.com](mailto:mel@fitandmel.com)

**Sophia Thorsen:** [www.sophiathorsenpilates.com](http://www.sophiathorsenpilates.com)

**Diana Buran:** [www.dianaburan.com](http://www.dianaburan.com)

**Roya Arasteh:** [www.royalouisa.com](http://www.royalouisa.com)

**Valerie Loo:** [www.loomovement.com](http://www.loomovement.com)

**Kim Ip:** [www.pilatesbykimip.com](http://www.pilatesbykimip.com)

**Amanda Wenzl:** [awenzl84@gmail.com](mailto:awenzl84@gmail.com)

**Kimberly Valmore:** [www.kimberlyvalmore.com](http://www.kimberlyvalmore.com) /  
[kvalmore@aol.com](mailto:kvalmore@aol.com)

**Studio space rentals are available on weekends and select weekday times.  
Inquiries: [info@montclairvillagepilates.com](mailto:info@montclairvillagepilates.com)**