

# Pilates Reformer Classes

## Spring 2021

Reformer is a phenomenal workout for your body's "powerhouse," or your abs, lower back, hips and glutes. It is heavily focused on alignment and accurate muscle engagement, which can lead to improved posture, better balance and more stability. First time participants should start in a basic class before joining our group training level class.

### Reformer Basics

This small group class is ideal for the beginner, or a person in need of continuing to strengthen their core muscles. Please bring a mask. **No class on March 21 and 27, April 4 and May 9.**

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411410-01	Sun	Mar 14 - Apr 25	9 - 10 am	\$120/\$150
411410-05	Sat	Mar 20 - May 1	9 - 10 am	\$144/\$180
411410-02	Sun	May 2 - June 6	9 - 10 am	\$120/\$150
411410-06	Sat	May 8 - June 12	9 - 10 am	\$144/\$180

Instructor: Staff

### Group Pilates Training

Group Pilates Training goes beyond the basics and allows each participant to explore all exercise variations and equipment in the studio. Previous experience with Pilates Reformer training is recommended, but not required. The instructor may recommend an introductory private training session or basic group training classes in order to continue with the group. Please bring a mask. **No class on March 22, 23, 25, 26 and 27, April 3 and May 31.**

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411411-03	Mon	Mar 15 - Apr 26	7 - 8 pm	\$144/\$180
411411-05	Tue	Mar 16 - Apr 27	7 - 8 pm	\$144/\$180
411411-09	Thu	Mar 18 - Apr 29	7 - 8 pm	\$144/\$180
411411-11	Fri	Mar 19 - Apr 30	9 - 10 am	\$144/\$180
411411-13	Sat	Mar 20 - May 1	8 - 9 am	\$120/\$150
411411-04	Mon	May 3 - June 7	7 - 8 pm	\$120/\$150
411411-06	Tue	May 4 - June 8	7 - 8 pm	\$144/\$180
411411-10	Thu	May 6 - June 10	7 - 8 pm	\$144/\$180
411411-12	Fri	May 7 - June 11	9 - 10 am	\$144/\$180
411411-14	Sat	May 8 - June 12	8 - 9 am	\$144/\$180

Instructor: Staff

### Reformer Rehab

This class is designed for the post-rehabilitative client, recovering from various medical conditions. You will be instructed by a Pilates medical exercise specialist, with knowledge of all conditions. Please bring a mask. **No class on March 26.**

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411415-03	Fri	Mar 19 - Apr 30	8 - 9 am	\$144/\$180
411415-04	Fri	May 7 - June 11	8 - 9 am	\$144/\$180

Instructor: Staff