



Weekly Reformers Pilates Schedule

The intensity scale is a general guideline. All classes are available to all members.
Instructors can modify exercises as needed.

Beginner
Level

Intermediate
Level

Advanced
Level

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 am *All Levels Ashley	6:30-7:30 am *All Levels Ashley					
			7-7:45 am All Levels Boden	7-7:45 am Reformer Burn Alex		
8:30-9:15 am All Levels Allison	8:30-9:15 am All Levels Alex	8:30-9:15 am All Levels Lexie	8-8:45 am *All levels Boden	8:30-9:30 am Int/Adv Alex	8:15-9 am All Levels Allison	
9:45-10:30 am All Levels Reformer Lexie	9:30-10:15 am All Levels Allison	9:45-10:45 am All Levels TBD	9:45-10:45 am Advanced Gwen	9:45-10:30 am All Levels Alex	9:45-10:30 am All Levels Rita	9:45-10:30 am *Advanced Alex
		11 am-12 pm Reformer PNF Stretch & Flow Sarah			11:15 am -12:15 pm Advanced Rita	10:45-11:30 am *Reformer Burn Alex
4-4:45 pm All Levels Lexie	5-5:45 pm All Levels Jodi	4-4:45 pm All Levels Lexie	4-4:45 pm *All Levels Nicole			11:45-12:30 pm *All Levels Alex
5-5:45 pm All Levels Lexie	6-6:45pm Int/adv. Jodi	5-5:45 pm All Levels Lexie	5-5:45 pm All Levels Gwen			
6:30-7 pm *Pilates Beg/Int Ashley	7-7:45pm *All Levels Boden		6-7 pm *Int/Adv. Nicole			

Single Session: \$30

5 pack - \$110 (\$22/session)

10 pack - \$210 (\$21/session) • 20 pack - \$360(\$18/session)

Class Descriptions

All Levels Reformer -This class creates long lean muscles and improves posture by mobilizing your spine through several ranges of motion including flexion, extension, lateral flexion, and rotation using the REFORMER, while infusing small props like weights, the Pilates ring, balls, and more. This class will fly by with endless exercise possibilities, so be prepared to have fun while improving your flexibility, muscle tone, and core strength! This class is appropriate for people of all levels. Each class will be focused for either a light, moderate or high intensity workout. Refer to schedule.

Intermediate/Advanced Reformer - Intermediate/Advanced Reformer: In this advanced class, clients are challenged with both strength and endurance exercises. Movements are executed without formal breaks or rests although clients are always encouraged to listen to their bodies. Exercises in this class are selected to help improve athletic performance, balance, strength, and control. When one muscle group fatigues, a different area will be targeted, allowing clients to maintain correct form as they push beyond their limits. Ideal Pilates experience: 6-12 months

Reformer Burn - Is a high-energy, full-body workout designed to challenge strength, endurance, and control. Using the resistance of the reformer, this class combines athletic Pilates movements with dynamic sequences to target the core, glutes, arms, and legs while keeping the heart rate elevated. Expect a powerful burn, improved muscle tone, and enhanced stability—all while maintaining precise form and mindful movement. Perfect for those looking to push their Pilates practice to the next level.

Pilates Reformer PNF Stretch and Flow - This class is a guided stretching session on the Pilates Reformer that uses PNF (Proprioceptive Neuromuscular Facilitation) principles to improve flexibility, mobility, and recovery. Traditionally, PNF stretching is done hands-on with a therapist. In this class, the Reformer's springs, straps, and carriage are used to provide feedback and resistance so clients can find the correct muscle engagement on their own. By gently contracting a muscle against resistance and then relaxing into the stretch, the nervous system allows the muscle to lengthen more fully and safely than with passive or static stretching alone.