

# Pilates Reformer Sessions

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**Join a 6-week session that's tailored to your fitness level.**

**\$99/ 6 wk session members**  
(or 6 punches from a pre-paid punchcard)

**\$130/6 wk session non members**  
(or 6 punches from a pre-paid punchcard)

**February 24th - April 1st**

Classes sizes are limited, so reserve your spot today.  
Sign up at the front desk to hold a spot for the session.  
Full Payment due at time of sign up.

## Beginner Reformer

For those new to Pilates or wanting a re-fresher. Learn the basic principles of Pilates and the essentials on the reformer

**Wednesdays @ 10:15am**

each class limited to 4 people

## Intermediate Reformer

For those who have completed the beginner reformer session. Build upon your repertoire by learning intermediate exercises on the reformer.

**Thursdays @ 10:15am**

each class limited to 4 people

Don't see a time that works for you?  
Gather a group of friends & we'd be happy to try and work out a time for your group!