

Pilates Reformer Sessions

This summer, join a 6-week session that's tailored to your fitness level.

June 8th—July 18th

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 & Intermediate Reformer Classes

Member: \$99 / Non-Member: \$125

Reformer / Chair / Barrels Class

Member: \$75 / Non-Member: \$99

Beginner Reformer

This class is open to anyone. No prior experience necessary. You will learn the basic principles and the basic exercises. Enjoy all the benefits of Pilates, while challenging your core and entire body.

Tuesdays @ 4:30pm
(runs June 8th - July 16th)

Wednesdays @ 10:15am
(runs June 9th - July 17th)
Min 2 / Max 4

Intermediate Reformer & Chair

For those who have completed the beginner reformer session. Build upon your repertoire by learning intermediate exercises on the reformer & an introduction to exercises on the chair.

Thursdays @ 10:15am
(runs June 10th - July 18th)

Min 4 / Max 8

Reformer / Chair / Barrels

Build upon your reformer experience with the chair & barrels. Adding in the elements these pieces of equipment will challenge your core strength and stability. Each week the class design will progress.

Thursdays @ 9:00am
(runs June 10th - July 18th)

Min 4 / Max 8