

Reformer Pilates Studio

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|--------------------|-------------------|----------------------|-------------------|-------------------|--------------------|-------------------|
| Morning Classes | | | | | | | |
| 6:00am | Level 2 Full Body | Reformer Pilates | Reformer PWR Pilates | Level 1 Full Body | Reformer Pilates | Level 2 Full Body | |
| 7:00am | Stretch & Strength | Level 1 Full Body | Beginner Full Body | Level 1 Full Body | PWR Moves | PWR Moves | |
| 8:00am | Reformer Pilates | Reformer Pilates | Reformer Pilates | Reformer Pilates | Reformer Pilates | Beginner Full Body | Beginner Full Bdy |
| 9:00am | Reformer Pilates | Reformer Pilates | Reformer Pilates | | Reformer Pilates | Reformer Pilates | Reformer Pilates |
| 10:00am | Reformer Pilates | Level 2 Full Body | Reformer Pilates | Level 1 Full Body | PWR Moves | Reformer Pilates | Level 1 Full Body |
| 11:00am | Abs and Glutes | PWR Moves | Reformer FLOW | PWR Moves | Level 1 Full Body | | Abs and Glutes |
| 11:35am | Stretch | | | | | | Stretch |

Afternoon Classes

| | | | | | | | |
|---------|--------------------|----------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| 12:00pm | Reformer Pilates | Stretch & Strength | Reformer Pilates | Level 1 Full Body | Reformer Pilates | PWR Moves | Reformer FLOW |
| 1:00pm | Level 1 Full Body | Beginner Full Body | PWR Moves | Stretch & Strength | Abs and Glutes | Reformer FLOW | Level 2 Full Body |
| 1:40pm | | | | | Stretch | | |
| 3:00pm | Level 2 Full Body | Level 1 Full Body | Stretch & Strength | Level 1 Full Body | PWR Moves | Beginner Full Body | Stretch & Strength |
| 4:00pm | PWR Moves | | Level 1 Full Body | Beginner Full Body | Level 1 Full Body | Level 2 Full Body | Level 1 Full Body |
| 5:00pm | Level 1 Full Body | Reformer PWR Pilates | PWR Moves | Stretch & Strength | Beginner Full Body | | |
| 6:00pm | Reformer Pilates | Level 1 Full Body | Reformer Pilates | PWR Moves | Reformer FLOW | | |
| 7:00pm | Beginner Full Body | Beginner Full Body | Level 1 Full Body | Level 1 Full Body | Stretch & Strength | | |

 Virtual Classes

 Instructor Led Classes

Class Descriptions

Reformer Pilates

45 mins

Our team of diversely talented and educated instructors will personally guide you through a safe, clear, inclusive and effective traditional Reformer Pilates full body workout. Modifications will be provided for different fitness levels and physical limitations with equipment options.

Reformer PWR Pilates

45 mins

Combines variations of traditional Reformer Pilates exercises with increased core strength training and cardio work with weights and jump boards to add a strengthening element while challenging endurance and cardio fitness through dynamic sequences and flow.

Virtual Class Descriptions

Full Body Beginner

45 mins

This class is the ideal class for members new to Reformer Pilates. The exercise will be broken down starting with simple programming to put you in a great position to progress confidently. Beginners - and options for all levels.

Full Body Level 1

45 mins

The class incorporates Reformer Pilates fundamentals and is designed to instill a strong Pilates practice. A moderately paced class with the emphasis on the classic reformer for a full body workout. Intermediate - and options for all levels.

Full Body Level 2

45 mins

Challenge your strength, stamina and control with dynamic flows, advanced progressions and powerful sequences. Advanced - with options for all levels.

Stretch & Strength

45 mins

This class has been designed to continue a heavier load strength based Pilates class with stretches throughout to compliment the muscles being challenged. A great mix between challenging Pilates efforts with lengthening and active recovery.

Intermediate - and options for all levels

PWR Moves

45 mins

Combines variations of traditional Reformer Pilates exercises with increased core strength training and cardio work with weights, equipment and jump boards to add a strengthening athletic element while challenging endurance and cardio fitness through dynamic movement sequences and flow.

Recommended for intermediate/advanced - modifications provided.

Reformer FLOW

45 mins

Challenge your strength, endurance and coordination. Programmed to flow seamlessly from one exercise to the next, you are sure to feel the true Pilates burn. Less breaks and powerful moves pack a punch.

Intermediate - with options for all levels.

Abs and Glutes

35 mins

Target your midsection, core and lower body with intentional sequences that tone, lift and strengthen. Options for all levels.

Stretch

20 mins

Dedicated sessions to take time out to stretch and release tension, improve flexibility and leave you feeling light, lengthened and refreshed. All levels.