



PILATES REFORMER SCHEDULE

Schedule subject to change without notice

Hours

Monday – Thursday: 5 am – 9 pm
 Friday: 5 am – 8 pm
 Saturday – Sunday: 7 am – 5 pm

Note: class key and descriptions located on reverse

Classes are 50 minutes unless otherwise noted

Revised January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 am Full Body Sculpt (Nery) Studio C	5:30 am Full Body Sculpt (Nery) Studio C				
	8:30 am Foundations (Veronica) Studio C	9:00 am Reformer 101 Demo (Veronica) Studio C	8:30 am Full Body Sculpt (Veronica) Studio C	8:30 am Dynamic Flow (Veronica) Studio C	8:00 am Full Body Sculpt (Nery) Studio C	
9:30 am Full Body Sculpt (Beth) Studio C	9:30 am Full Body Sculpt (Veronica) Studio C	9:30 am Dynamic Flow (Veronica) Studio C	9:30 am Dynamic Flow (Beth) Studio C	9:30 am Full Body Sculpt (Veronica) Studio C	9:00 am Full Body Sculpt (Nery) Studio C	
11:00 am Full Body Sculpt (Erin) Studio C		11:00 am Full Body Sculpt (Beth) Studio C		11:00 am Dynamic Flow (Vilma) Studio C		
5:00 pm Dynamic Flow (Erin) Studio C	5:30 pm Full Body Sculpt (Skip) Studio C		5:00 pm Dynamic Flow (Loren) Studio C	12:00 pm Full Body Sculpt (Vilma) Studio C		
6:00 pm Full Body Sculpt (Erin) Studio C			6:00 pm Reformer Flow (Loren) Studio C			

● All Levels
 ● Intermediate: Some experience required
 ● Advanced: For those who are experienced and physically conditioned

Location Key Studio C

Pilates

Dynamic Flow Dynamic movements that will work your entire body with the Reformer, high intensity, low impact, core, muscular strength, and endurance designed for a whole-body workout. Use of ring, ball, and weights is to be expected (Intermediate/Advanced).

Foundations An excellent Foundation is the key to all Pilates techniques. To build it, we must first understand how to align and support the three natural curves of the spine, "neutral spine". In this class you can expect a full body, strength balancing experience. Strong, precise movements will link the mind, body and breath (All levels).

Full Body Sculpt Full body sculpt is designed to tone, strengthen, and lengthen your entire body. This class combines the principles of classical Pilates with modern strength training techniques for a comprehensive, low-impact workout. Use of magic circle, ball, jump board and tower is expected (All levels)

Reformer Flow A series of movements that flow smoothly from one to the next, with an emphasis on controlled, precise movements and alignment. It is designed to improve strength, flexibility, balance, and coordination, as well as promote a mind-body connection.

Reformer 101 Demo This is a short and sweet complimentary intro session to teach the basics of the Reformer Pilates machine. You'll leave feeling confident and ready to step into an open class. (Sign up required).