



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REFORMER STUDIO SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 2026	10:00 AM SUZANNE ALL LEVELS	10:00 AM JOY LEVEL 1	10:00 AM SUZANNE ALL LEVELS				10:15 AM JULIE ALL LEVELS
CLASS LOCATION STUDIO B	11:00 AM SUZANNE ALL LEVELS	11:00 AM JOY ALL LEVELS	11:00 AM SUZANNE ALL LEVELS	11:30 AM MARISSA ALL LEVELS			11:15 AM JULIE ALL LEVELS
\$15/CLASS Member						1:00 PM JULIE LEVEL 1	
\$30/CLASS Program Member						2:00 PM JULIE ALL LEVELS	
Grip Socks Required Can be purchased at desk for \$5		4:30 PM MARISSA ALL LEVELS		4:30 PM MARISSA ALL LEVELS			
No refunds		5:30 PM SUZANNE ALL LEVELS		5:30 PM JULIE LEVEL 1	5:30 PM JULIE ALL LEVELS		
Class level descriptions on back			6:00 PM JOY ALL LEVELS	6:30 PM JULIE ALL LEVELS	6:30 PM JULIE ALL LEVELS		
			7:00 PM JOY ALL LEVELS				

Cancel 24-hours PRIOR to class to receive a system credit for a future class

- **Level 1**

- Best for beginners, those returning from injury, or anyone preferring a slower, technique-driven pace. Focus is on learning the basics before advancing.

Suitable for individuals with hip, knee, or shoulder replacements or balance concerns.

- **All Levels**

- Includes basic Pilates exercises along with progressions and intermediate moves. Instructors help you “level up” or “level down” each exercise by making it harder or easier depending on what your body needs that day.

Class moves at a moderate, steady pace, giving you time to focus on form while still keeping the flow. Suitable for individuals that are comfortable kneeling and standing on the reformer.