

# Group Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Level 1 Reformer Hertha	9:30 Level 3 Reformer Sherri	9:30 Osteo Reformer Hertha	9:30 Level 3 Reformer Sherri	9:30 Level 3 Reformer Sherri	9:15 (75 min) Core Yoga Katarina
	10:30 Yoga/Pilates Blend Katarina			10:30 Level 2 Reformer Shelby	10:30 Level 1 Reformer Sherri
	11:30 Gentle Yoga Romni		11:30 Level 1 Reformer Sherri	11:30 Seniors/TM Reformer Shelby	<b>NEW</b> – 11:45 Intro Sherri
	12:30 Level 1 Reformer Sherri			12:30 Private Group Reformer Sherri	
	1:30 Level 2 Reformer Linda				
		4:00 Level 2 Reformer Sherri		4:00 Cycle 55 Shelby	
5:00 Cycle 45 Shelby		5:00 Cycle 55 Shelby	5:00 Intro Reformer Shelby		
6:05 Gentle Yoga Jodi	6:00 Level 1/2 Reformer Hertha	6:05 Core Yoga Katarina	6:00 Level 1 Reformer Shelby	7:00 Pilates Mat Bristol	
7:15 Level 1 Reformer Sherri		7:15 Level 2/3 Reformer Shelby	7:00 Pilates Mat Bristol		

**Reformer training** is a great addition to any fitness regime and is suitable for all ages and fitness levels. Pilates Reformer classes are recognized by health practitioners and are proven effective for those with back pain & other general pains. Training on the Reformer will create longer, stronger & leaner muscles while improving posture, balance & core strength.

Please note: **All Reformer classes (in yellow boxes) are pre-registered classes usually running for 7 - 10 weeks.** There are no refunds, however there is one makeup class per session, must be booked 24 hours in advance. All taxes are additional. **All other classes (in white boxes) are on a drop-in basis.**