

# GROUP REFORMER CLASSES



## \* **Basic Pilates:** 4 privates minimum

*Perform basic level exercises on the Reformer and Cadillac*

MONDAY- 12:00 PM- Elizabeth

WEDNESDAY -5:30 PM -Nick

THURSDAY- 5:30 PM-Nick

## \*\* **Reformer/Cadillac:** 10 privates minimum

*Perform basic and intermediate exercises, pilates exercises including Integrated Tower*

MONDAY- 1:00 PM-Elizabeth

THURSDAY- 1:00 PM-Patty

MONDAY- 5:30 PM- Patty

SATURDAY - 9:00 AM- Nick

## \*\*\* **Instructor's Choice:** 1 year minimum

*Every class is different! Incorporates all levels of pilates exercises. May include cardio segments and integrated tower exercises. This class is for people who like challenge and variety*

TUESDAY- 5:30 PM-Elizabeth

FRIDAY- 12 NOON - MJ

**Fees: \$25 per class when pre-registered and pre-paid  
\$30 as a drop in during the current month**

## **Attendance Policy:**

- \* Classes are non-transferable to other people
- \* Missed classes cannot be carried over to the next month. A \$15 credit can be applied to one private or M.A.T. session within the next 30 days
- \* **One** class can be rescheduled per month at **no charge provided 24 business-hour notice** is given. Late cancelled classes are **forfeited**. Additional class changes will incur a **\$5** reschedule fee per class change.

**Registration:** Deadline is last **business day** of the prior month. Payment is to be made in person at the time of registration to reserve your reformer.