



## **Weekly Group Reformer Class Schedule**

Monday: 6pm

Tuesday: 9am, 4:30pm, 5:30pm

Wednesday: 6:30am, 9am, 5:30pm, 6:30pm

Thursday: 4:30pm, 5:30pm

Friday: 6:30am, 9am

**INTRO TO REFORMER:** Thurs 6:30pm, Friday 10am

*Bring your own water. Grippy socks or bare foot recommended.*

Group Reformer Classes differ each week and may include use of Pilates Tower, Chairs, Arc Barrels and Magic Circles as well as Reformer. Classes are tailored to the level of participants. 5 person max per class.

**\*Intro/Back to Basics Class** - Perfect for people new to Reformer Pilates or for those who want to dive deeper into their practice. Exercises will be thoroughly explained with a focus on form and function as well as some fun Pilates facts.

**Book Classes online at [www.SouthtownsPilates.com](http://www.SouthtownsPilates.com)**