The Pilates Reformer Difference

The power of Pilates lies in its gentle yet precise movements. The focus is on strengthening the body’s core muscles - the abdomen, back and pelvic regions.

Session Offerings

**Level 1**

This class is ideal for beginners or those who want a back to basics Pilates Reformer workout. We’ll move at an easy pace and focus on bringing all of the Pilates principles together while incorporating gentle stretching, strength building, flexibility and balance.

**Monday, March 2-Monday, April 6**

*Sessions meet 1x/week on Mondays*

$120 – 6 weeks/6 sessions

- 6:15-7:05 p.m.

**Tuesday, March 3-Thursday, April 9**

*Sessions meet 2x/week on Tuesdays & Thursdays*

$240 – 6 weeks/12 sessions

- 8:30-9:20 a.m.
- 10:30-11:20 a.m.

**Level 2**

This class is an opportunity to experience more complex Pilates movements and move at a quicker pace for a more demanding workout. Incorporating efficient movement while maintaining control and focus will help build strength, flexibility, improved posture and challenge participants. *Please note, some Pilates Reformer experience is required.*

**Monday, March 2-Monday, April 6**

*Sessions meet 1x/week on Mondays*

$120 – 6 weeks/6 sessions

- 5:15-6:05 p.m.

**Tuesday, March 3-Thursday, April 9**

*Sessions meet 2x/week on Tuesdays & Thursdays*

$240 – 6 weeks/12 sessions

- 9:30-10:20 a.m.
- 11:30 a.m.-12:20 p.m.

*To learn more about the benefits of Pilates, please stop by or contact the front desk at 330.342.4400. Registration is required for all Pilates Reformer sessions. Please see the front desk to reserve your spot.*

*Non-refundable once session begins. Credits will not be issued for missed sessions.*