

Group Reformer Schedule 2017

PILATES



MIND / BODY

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
9am Reformer Michelle F	7:30am Beginner Reformer Linda S	8:30am Reformer Linda S	9:30am Reformer Michele F	7:30am Reformer & TRX Michelle F	8:00am Reformer Linda S	
10:00am Reformer Linda S	9:30am Reformer Linda S	9:30am Reformer Linda S	10:30am Reformer Linda S	8:30am Reformer Michelle F	9:00am Reformer Linda S	
	10:30am Reformer Linda S	10:30am Reformer Linda S	11:30am Beginner Reformer Linda S	10:00am Reformer Linda S	10:00am Reformer Linda S	
	11:30am Reformer for Tennis Michelle F	5:00pm Beginner Reformer Michele			11:00am Reformer Linda S	
6pm Reformer Michelle F		6:00pm Reformer Linda S			12:00pm Beginner Reformer Linda S	
7pm Men's Reformer Michele F		7:00pm Reformer Linda S				

Space is limited in the above classes.

Please contact Melanie Vaux at mvaux@weymouthclub.com to inquire about availability or to schedule a private reformer session.

PILATES - Group Reformer Policies

- ◆ Registration and payment is required to reserve a reformer.
- ◆ 24 hour cancellation is required, Instructor will do their best to reschedule within the same week.
- ◆ Weeks must be consecutive.
- ◆ No refunds or transfer of sessions.
- ◆ 2 month commitment needed for EFT payment option.
- ◆ Gift cards available at Front Desk.
- ◆ Semi-private and private reformer classes are available.

CLASS DESCRIPTIONS

Reformer Pilates

Pilates is a way to build strength, flexibility and endurance – without risking injury or building bulk. This highly effective, no-impact method focuses on the core muscles that support and power the entire body. Get a balanced, aligned body that looks fit, feels revitalized and moves with ease.

Beginner Reformer Pilates

Get familiarized with the equipment and learn the basic techniques while improving muscle balance, flexibility and strength.

Reformer & TRX

Combine the functional benefits of TRX with the reformer. Move through endless ranges and angles to strengthen and effectively work your whole body while improving your posture, flexibility and balance.

Reformer for Tennis

Build core strength, improve muscle flexibility, correct muscle imbalances and help prevent injury through sport-specific exercise.

Reformer Pilates for Men

Many professional athletes love reformer Pilates. Antonio Brown from the Pittsburgh Steelers, Martellus Bennett from the Patriots, Joe Montana and Tiger Woods all train on this machine. Our class for men will help you improve muscle balance, flexibility and strength.