

# PILATES REFORMER

## AT WEYMOUTH CLUB

### DROP IN SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DROP-IN 9:00am <i>Michele</i>	DROP-IN 8:30am <i>Christina</i>	DROP-IN 6:00am <i>Jordan</i>	DROP-IN 8:30am <i>Christina</i>	DROP-IN 8:30am <i>Michele</i>	DROP-IN 7:00am <i>Jordan</i>
DROP-IN 6:00pm <i>Jordan</i>		DROP-IN 12:30pm <i>Michele</i>	DROP-IN 9:30am <i>Michele</i>		
			DROP-IN 11:30am <i>Linda</i>		

**WHAT IS PILATES REFORMER?** Pilates Reformer training is where precision meets power. Unlike traditional group exercise classes that move at one pace for everyone, Reformer training uses a sleek, spring-based machine that adapts to your body, giving you a workout that's both highly personalized and incredibly effective. Every movement builds deep core strength, improves posture, mobility, and balance, and challenges your muscles in ways free weights and floor workouts simply can't. And while personal training often focuses on strength or cardio, Reformer Pilates blends strength, control, and mindfulness into one intelligent, low-impact session—so you get maximum results without unnecessary strain. It's not just a workout; it's a smarter way to move, feel stronger, and transform how your body performs in everyday life.

CANCELLATION POLICY: To cancel, email [pilates@weymouthclub.com](mailto:pilates@weymouthclub.com) at least **2 hours** prior to class. Late cancellations/no shows will not be refunded.

\$31 PLATINUM | \$39 MEMBER | \$49 NONMEMBER