

DO MORE BE MORE



PILATES GROUP REFORMER SCHEDULE April 2019

	MON	TUE	WED	THUR	FRI	SAT
7:00 AM	6:30-7:15 Cardio! Reformer Donna	7:00 Group Reformer Donna		7:00 Instructor's Choice Lais	5:45-6:30 Group Reformer Express Katelyn	
8:00 AM	7:30 Group Reformer Donna		8:15 Group Reformer Kathy		7:30AM Cardio! Reformer Donna	8:15-8:45 Fundamentals Prerequisite class
9:00 AM		9:15 Group Reformer Donna		9:15 Group Reformer Lais		8:50 Group Reformer Basics Rotating Instructor
10:00 AM				10:15-10:45 More Core Lais		9:55 Group Reformer Rotating Instructor
11:00 AM				11:00 TRX Yoga		
12:00 PM	12:15 Group Reformer Beth		12:15 Group Reformer Kathy		12:15 Group Reformer Michelle	
5:00 PM			5:30 Group Reformer Kathy			
6:00 PM	6:30 Group Reformer Basics Lais	6:45 Group Reformer Lais				

Enjoy all the benefits and fun of working out on the Reformer in a group setting!

All group Reformer participants must complete a one-time Fundamentals and Group Reformer Basics class prior to signing up for any group reformer classes.

Email sarastraining@ymcacharlotte.org to schedule.
Free Trial last Wednesday of each month (last Tues eve of the month option as well)

Fundamentals: The prerequisite class to joining group reformer. Here you will learn how to adjust the Reformer and Chair for your upcoming classes. 30 minutes

Group Reformer Basics: Part of the prerequisite requirement for first time clients. Also good for current clients seeking a focus on more fundamental moves. 55 minutes

Group Reformer: Class utilizes the reformer to give you a total body workout with a focus on strengthening and range of motion. May include use of the jumpboard, pilates chair, pilates arc, pilates circle, pilates ball, weights and foam rollers. 55 minutes, **Express** is 45 minutes

Cardio! Reformer: Group Reformer Choreography with extra Jumpboard segments interspersed throughout the class to give you added Cardio benefits throughout the 55 minutes. *Previous group reformer experience recommended*

Instructor Choice: Anything goes! It's the instructor's choice!
Previous group reformer experience recommended. 55 minutes

More Core: Get in and get it done or use this as an add on class!
Exercises selected to target the core musculature.
Reformer, Chair, Mat and props may be used. 30 minutes

All classes have up to 5 participants resulting in a 1:5 instructor/participant ratio.

Pricing

Unlimited \$135/month

includes all group reformer, trx and crossfit classes

\$99 for 5 classes

\$180 for 10 classes