



Weekly Group Reformer Class Schedule

Monday: 7am, 9am, 10am, 5:30pm

Tuesday: 6:30am, 9am, 10am

Wednesday: 6:30am, 9am, 6:15pm

Thursday: 9am, 5:00pm

Friday: 6:30am, 9am

Saturday: 9am

An Intro to Pilates Group Class is offered 1x/month on Thursday at 7pm

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 people max per class.

Book Classes online at www.SouthtownsPilates.com