

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30	REFORMER WITH AMY	REFORMER WITH AMY		REFORMER WITH AMY			
9:30							
10:30	REFORMER WITH AMY	REFORMER WITH AMY		REFORMER WITH AMY	REFORMER WITH AMY		
11:30							
12:30							

*Max 6 participants

EFFECTIVE: SEPTEMBER 6TH

REFORMER BEGINNER

Brand new or need a reformer refresh? Want a change in your exercise routine and want to make it worth your time? Curious about Pilates mat exercises on the reformer? This series is for you!

REFORMER INTERMEDIATE

Ideal for beginners who want a safe and effective class experience to build a solid Pilates foundation. Focus on form and alignment to help you master Pilates fundamentals, so you can get the most out of your workout as you advance. This class is ideal for all fitness levels, is easily modified for those with physical limitations.



MEET AMY BARBER

Amy is a yoga, barre and Pilates mat & reformer instructor. She is bringing her experience back to the reformer studio at Thoreau. Not only will she offer a classical style on the reformer and add athletic elements using different props.