

Pilates Reformer Schedule MAY 2026

Pilates Reformer Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00a - 9:55a TOTAL BODY SCULPT Sami	8:00a - 8:45a INTRO TO PILATES Sami	9:00a - 9:55a CHAIR & TOWER Kat	9:00a - 9:55a TOTAL BODY SCULPT Sami	8:00a - 8:55a Open Format Kat/Sami	9:00a - 9:55a Total Body Sculpt Lonni
	10:00a - 10:55a Joint Pain 1.5 Jackson	9:00a - 9:55a TOTAL BODY SCULPT Kat	10:00a - 10:55a Joint Pain 1.5 Jackson 12:00p - 12:55p STRETCH Kat	10:00a - 10:55a YUR Back Kat 12:00p - 12:55p Pilates Stretch Sami	9:00a - 9:55a YUR Back Kat	9:00a - 9:55a JUMP BOARD Lonni May 2
9:00a - 9:55a ★ YUR Back Lonni	12:00p - 12:45p INTRO TO PILATES Kat May 4 & 11	10:00a - 10:55a YUR Back Kat	5:30p - 6:25p ★ Total Body Sculpt Lonni	4:30p - 5:25p TOTAL BODY PILATES Lonni		
	4:30p - 5:25p YUR Back Lonni	3:30p - 4:15p INTRO TO PILATES Lonni	5:30p - 6:25p ★ JUMP BOARD Lonni May 20	4:30p - 5:25p ★ JUMP BOARD Lonni May 28		
				5:30p - 6:25p YUR Back Lonni		

Pilates class participants MUST check in at the Front Desk PRIOR to taking class.*
Participants must also sign in, using the sign-in sheet in the Pilates room. At this time, you will be required to pay for the class if you have not already done so. A credit card or charge to an account is now required to register for Pilates Classes.

*If you are interested in participating in Pilates classes, you are required first to complete our mandatory Intro to Pilates class.

Intro to Pilates:

Please note class dates. With our staff's expert guidance, you'll be able to explore the benefits of Reformer Pilates and have the opportunity to learn some of the basics to familiarize yourself with the specialized studio equipment. All Fitness Levels are welcome!

Members: Free*
Non-Members: \$25

**Intro to Pilates classes are free for the first session only. There will be a fee for additional sessions.*

Jumpstart

Upon completion of the Intro to Pilates class, a Jumpstart may be recommended, which includes three (3) full personal training sessions. With our staff's expertise and guidance, you will learn how to use the Pilates equipment and method. These sessions will allow the instructor to show modifications for injuries or other issues participants may have for a better transition into group classes as well as how to exercise properly while using the equipment.

Members: \$129
Non-Members: \$180

Member Pricing:

6-Pack \$60
12-Pack \$95
Drop-in \$15

Non-Member Pricing:

6-Pack \$120
12-Pack \$240
Drop-in \$25

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CLASS DESCRIPTIONS

Beginner Reformer - an introduction to the equipment and basic principles of Pilates. Participants will learn fundamental exercises focusing on core strength, flexibility, and alignment, often incorporating props like resistance springs. The class progresses gradually, emphasizing proper technique and breath control, with modifications provided to accommodate various fitness levels.

Level 1.5 - Foundation: For beginner, someone who has progressed from level 1, may have minor limitations. This class is not recommended for anyone that is not able to twist their spine. These classes focus on form and will help build a solid Pilates foundation.

Level 2 - Progression: This moderate to fast paced class incorporates quick transitions and will introduce you to more advanced exercises and use of apparatuses. Increased repetition, coordination, balance, and resistance create a challenge that will elevate your Pilates practice. Attending Level 1.5 is recommended prior to attending this format. Not recommended for those with physical limitations.

Level 2.5 - Strong: Our most advanced class. Perfect for anyone that has mastered form and alignment. The class tempo is fast paced and incorporates quick transitions. Attending Level 1.5-2 is recommended prior to attending this format. Not recommended for those with physical limitations.

Joint Pain Level 1.5* \$ - This class is recommended for students that tried level I and are looking for a little more of a challenge. Suitable for all ages and abilities. Special attention will be given to joint issues such as low back, hip, knee, neck and shoulder pain and or surgeries. The class is safe, and in fact recommended, for all of those who suffer from any of the mentioned joint pain.

Please join the YUR Back class in substitution for this class!

YUR Back* \$ - This class utilizes a reformer machine, which provides controlled resistance and support for exercises that target the core and back muscles. The program is designed to be safe and effective for individuals recovering from back pain or seeking to improve posture and muscle balance.

Jumpboard* \$ - The Jumpboard is a piece of cushioned equipment that goes at the bottom of the Reformer. It can be used to "jump against" with the spring tension of the reformer. It is easier on the joints than running but should be used with caution for those with joint issues. It used for core, stability, strength and more. This class is not recommended for beginners, nor is it suitable for those with limitations or joint pain.

Stretch* \$ - Focuses on stretching, adjusting body alignment to improve function, and performance. This class is not recommended for anyone that is not able to twist their spine.

Chair & Tower* \$ -The Chair & Tower is an apparatus that helps to increase your range of motion and unilateral movement while building long lean musculature. Your core has to work to manage the spring tension while you develop spinal articulation and stabilization. This class is designed to be challenging and is not recommended for beginners.

Total Body Sculpt* \$ - This is an advanced class. Focuses on upper body and lower body all while working your core using all the Pilates equipment. This class is not recommended for beginners, nor is it suitable for those with limitations or joint pain.

Total Body* \$ - Class focuses on upper body and lower body all while working your core using the Pilates equipment. This class is recommended for beginners, but not suitable for those with limitations or joint pain.

Chair and Tower Pilates* \$ - This class combines the high-intensity, stability-focused Wunda Chair with the resistance-based, alignment-driven Tower (spring wall) for a full-body, balanced workout. It strengthens core and limbs, improves flexibility, and offers deep muscle activation through targeted, often asymmetrical, spring-loaded resistance, suitable for intermediate to advanced levels.

Classes are subject to change or cancel due to weather or staffing emergencies.

Follow us on Facebook for the quickest updates!
Facebook.com/cameronwellness

*Class Fee