



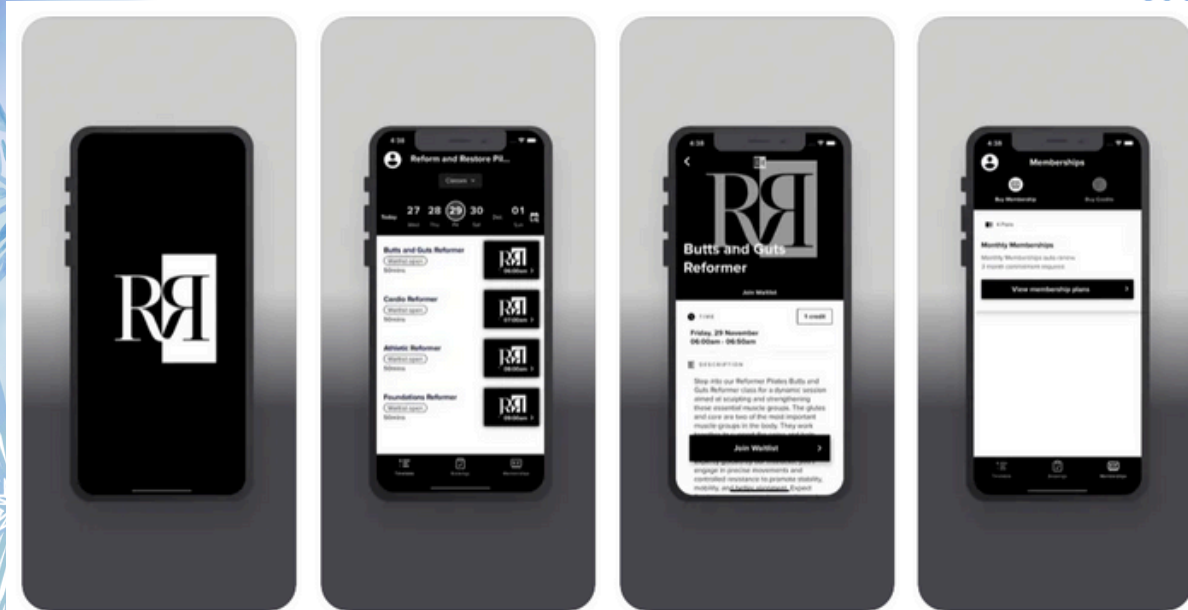
REFORM & RESTORE

PILATES &
ASSISTED STRETCH

Wishing You All A Very Merry
Christmas


ANNOUNCING!

REFORM AND RESTORE PILATES APP



DOWNLOAD THE REFORM AND RESTORE PILATES APP TO EASILY BOOK CLASSES AND MANAGE YOUR FITNESS EXPERIENCE - ANYTIME, ANYWHERE. MAKE A RESERVATION, GET ADDED TO A WAIT LIST, CHECK YOUR PROFILE AND MEMBERSHIP STATUS, AND MORE - ALL FROM YOUR DEVICE.

GIFT CARDS

Share the gift of movement this holiday season. Gift cards can be purchased from the store  in the app.



INCLEMENT WEATHR POLICY

Winter weather is upon us. We want you to be safe so please use caution when driving to class in bad weather. Class cancelations will appear on Facebook and on the community tab in the app. Those booked for class will also be notified by text or email.

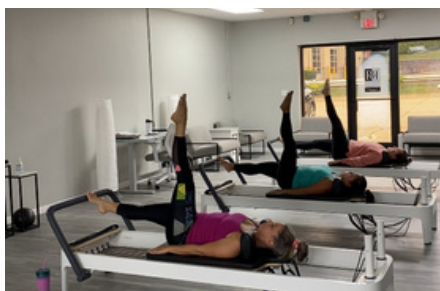
HOLIDAY HOURS

We will be canceling the evening classes on Tuesday, December 24th and 31st. The studio will be closed Wednesday, December 25th and January 1st. Wishing you a wonderful holiday season!

MAT CLASS ON HOLD

Pilates mat class will be removed from the schedule at the end of the month. If you still have mat credits, please book yourself into a class before they expire.

Small Group Class Descriptions



INTRO TO REFORMER

The Intro to Reformer class is a must if you have never tried Reformer before. This class will teach you how to use the equipment confidently and safely. The class flows at a slower pace allowing you to master foundational exercises while incorporating proper form and breathing technique. This class is suitable for all levels.

FOUNDATIONS REFORMER

The foundations class is a must if you have never tried reformer before. This class will teach you how to use the equipment confidently and safely. The class flows at a slower pace allowing you to master foundational exercises while incorporating proper form and breathing technique. This class is suitable for all levels.

ATHLETIC REFORMER

This powered up reformer class moves at a moderate to fast-paced tempo, incorporating swift transitions and introducing you to a repertoire of advanced exercises. Geared towards individuals who have accumulated extensive experience in Reformer classes and have developed a seamless flow in their transitions. This next-level session offers an opportunity to push your boundaries and intensify your workout. Not recommended for beginners or clients rehabbing from injury.

CARDIO REFORMER

In this class, we attach a Jump-board to the front end of the Reformer machine, situated near the springs. Jump-board sessions are aerobic so you get all the benefits of cardio without the high-impact. You will be lying down with your spine and body properly aligned for safety. This low-impact form of cardiovascular training places minimal stress on your joints. We'll get that heart rate elevated by incorporating bursts of cardio activity into your reformer workout to challenge your strength and level up your fitness. Not suitable for complete beginners or pre and postnatal.

STRETCH AND RESTORE REFORMER

This Reformer-based stretching class would be an excellent addition to your normal exercise routine when your body needs a little break. Flexibility and mobility will be addressed with stretching exercises that open the hips, low back, and shoulders. Come stretch it out and show your muscles some love. This class is suitable for all levels.

BUTTS & GUTS REFORMER

This Reformer-based class is designed with focused exercises that target your hips, core, and glutes. You'll engage in precise movements and controlled resistance to promote stability, mobility, and better alignment. Expect flowing sequences, and targeted exercises designed to challenge and tone your midsection while lifting and firming your glutes. Not recommended for beginners or clients rehabbing from injury.

