

ReFormer Pilates Class Schedule

MONDAY

9:00am - ReForm Strength
10:00am - ReForm
11:30am - ReForm
5:00pm - ReForm Strength
6:30pm - ReForm

TUESDAY

9:00am - Intro to Reformer *New Member Exclusive
10:00am - Reform for Mobility
5:00pm - ReForm
6:30pm - ReForm

WEDNESDAY

8:30am - ReForm
9:30am - ReForm Strength
6:00pm - ReForm

THURSDAY

10:00am - ReForm Strength
11:00am - ReForm
5:30pm - Intro to Reformer *New Member Exclusive
6:30pm - Cardio Sculpt ReForm

FRIDAY

9:00am - ReForm
10:15am - Intro to Reformer *New Member Exclusive
4:30pm - ReForm

SATURDAY

8:15am - Cardio Sculpt ReForm
9:15am - ReForm
10:15am - Intro to Reformer *New Member Exclusive
11:15am - ReForm

SUNDAY

9:15am - ReForm
10:15am - Cardio Sculpt ReForm
11:15am - ReForm Beginner Slow Flow

*updated 12/18/25



Please cancel within 24 hours of class to avoid losing your session. No-shows will result in loss of session.

Classes

Our ReForm Pilates classes are taught by Certified Teachers and can help students improve their flexibility, coordination, fluidity, endurance, precision, and stamina.

ReForm

Meant for all levels who are interested a more traditional Reformer Pilates session focusing on a low-impact, total-body workout that help tone muscle and improve strength, flexibility and posture.

ReForm Strength

Total-body workout that help tone muscle and improve strength, flexibility and posture. ReForm Strength combines dumbbells and athletic exercises, while integrating the Reformer!

Cardio Sculpt ReForm

Cardio Sculpt ReForm offers a unique blend of core-focused Pilates and heart-pumping cardio. Experience the Reformer's jump board innovative design, offering smooth, low-impact resistance that's easy on your joints while delivering an effective total-body workout.

ReForm for Mobility

Reformer session focusing on mobility, flexibility, and stabilization for the whole body.

Intro To ReForm (New Member Exclusive)

New to All Sport? New members will automatically receive a complimentary introductory session. This session can be used for any of the Introductory classes, allowing you to experience the foundations of Reformer Pilates in this beginner-friendly session designed just for new members. Learn proper form, build confidence, and discover the strength, alignment, and mobility benefits that make Reformer Pilates a member favorite. A perfect first step on your wellness journey.

ReForm Pilates classes are All Levels, however, certain individuals may require Private Reformer Training or Personal Training prior to our ReForm class. Our ReForm classes are kept to 4 participants at a time to maintain the quality of the practice and the experience.

ReForm Pilates
Studio by All Sport