

ReFormer Pilates Class Schedule

MONDAY

- 9:00am - ReForm Strength with Christina
- 10:00am - ReForm Contemporary with Christina
- 11:30am - ReForm Contemporary with Stine
- 5:00pm - ReForm Strength with Britt
- 6:30pm - ReForm Contemporary with Tessa

TUESDAY

- 10:00am - Reform for Mobility with Tessa
- 5:00pm - ReForm Contemporary with Britt
- 6:30pm - ReForm Contemporary with Lisa

WEDNESDAY

- 9:15am - ReForm Strength with Tessa
- 10:15am - Cardio Sculpt ReForm with Danai
- 5:00pm - ReForm Contemporary with Britt
- 6:30pm - ReForm Contemporary with Britt

THURSDAY

- 11:00am - ReForm Contemporary with Tessa
- 5:15pm - Cardio Sculpt ReForm with Lisa

FRIDAY

- 9:00am - ReForm Contemporary with Tessa
- 10:15am - Cardio Sculpt ReForm with Danai
- 4:30pm - ReForm Contemporary with Tessa

SATURDAY

- 8:15am - Cardio Sculpt ReForm with Danai
- 9:15am - ReForm Contemporary with Christina
- 11:15am - ReForm Contemporary with Christina

SUNDAY

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

*updated 11/4/25



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 ReFormer 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.

ReForm Beginner Slow Flow

This is a great class for the beginner who may appreciate spending a little more time on each exercise, while moving at a pace that is comfortable and safe.

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.