ReFormPilates
Studio by All Sport

Class Schedule

MONDAY	9:00am - ReForm Strength 10:00am - ReForm 11:30am - ReForm 5:00pm - ReForm Strength 6:00pm - ReForm
TUESDAY	10:00am - Reform for Mobility 11:00am - Reform for Mobility 5:00pm - ReForm 6:30pm - ReForm
WEDNESDAY	8:30am - ReForm 9:30am - ReForm Strength 5:30pm - ReForm
THURSDAY	10:00am - ReForm Strength 11:00am - ReForm 5:30pm - Cardio Sculpt ReForm 6:30pm - Contemporary ReForm
FRIDAY	9:00am - ReForm 10:15am - Cardio Sculpt ReForm 11:15am - ReForm
SATURDAY	8:15am - Cardio Sculpt ReForm 9:15am - ReForm 10:15am - Intro to Reformer *New Member Exclusive 11:15am - ReForm
SUNDAY	8:15am - ReForm 9:15am - ReForm 10:15am - Cardio Sculpt ReForm

*updated 10/272/26

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

allsporthealthandfitness.com/reformpilates/ • 845-896-5678 • reformpilates@allsporthealthandfitness.com • reformpilatesHV

Class Descriptions

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.

Contemporary ReForm

Contemporary Pilates blends the foundational principles of the classical style with modern understanding of movement, anatomy, and rehabilitation. Movements are modified to support athletic performance, correct postural imbalances, and aid physical rehabilitation. Workouts often incorporate props (like magic circles, dumbbells, or platforms) and may transition between multiple machines like the Reformer, Springboard and Chair.

ReForm with Apparatus

This full-body Reformer class combines the Pilates reformer with a variety of specialty apparatus and props to create a dynamic, challenging, and versatile workout experience.

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.



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Introductory Package

*one-time purchase only

3 Sessions	$90

Class Packages

1 Session	$48
5 Sessions	$210
10 Sessions	$380

Member Packages

*Exclusive to All Sport Members

1 Session	$38
5 Sessions	$175
10 Sessions	$320

Unlimited Classes

* Month-to-month EFT withdraw Non-members must keep a valid credit card on file for automatic monthly payments.

Member	$289
Non-Member	$389

Pilates Reformed, Wellness Redefined

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