



Pilates Reformer Private Lessons

With private Pilates reformer sessions, work one-on-one with an instructor to build strength, increase flexibility, heal injuries or reduce stress. By incorporating resistance training using pulleys and springs, the reformer provides a challenging but adaptable workout to build strength and tone muscle.

Sessions	1	3	6	12	24	36	48
Member	\$77	\$222	\$416	\$786	\$1,479	\$2,079	\$2,588
Non-Member	\$94	\$268	\$505	\$954	\$1,796	\$2,525	\$3,142

Pilates Reformer Group Classes

With group Pilates reformer classes, work with others to improve spatial awareness, balance, whole-body strength and flexibility with Pilates reformer exercises. Meet others with the same interests as you and build relationships with them. Previous Pilates Reformer experience is strongly recommended.

Classes can be found on the specialty class schedule with times and days. Price varies on amount of classes in the session and when you start the class.