

Reformer

Basic

Core Reformer

Core Reformer is an excellent option for beginners or those interested in delving deep into the fundamentals of optimal movement. It is a balanced workout that really starts to challenge how you use your core in relation to the resistance provided by the reformer machines. You will build on key Pilates principles of core control, fluid motion and coordination.

Intermediate

Reformer Trim and Tone

Reformer Trim and Tone is an intermediate level class with a perfect balance between strength and flexibility. Intended for people who want to work hard and also feel stretched out at the end of class. Simple moves, lots of flow and a great test of your strength endurance as you build long, lean muscles.

Intense Reformer

Get ready to feel every inch of your midriff, hips and legs from every angle and every direction. This all-over class uses the resistance of the machine to challenge your core as you mobilize your spine and incorporate leg and arm work. It will leave you feeling integrated, strong and mobile from head to toe.

Advanced

Reformer Body Sculpt

An intermediate/advanced session of resistance training each week using a mix of apparatus. A different line up of apparatus means your mind and body are constantly challenged to master new moves, and muscles you never knew you had suddenly come alive.

Reformer Specialty

Restorative Reformer

Use the unique spring resistance system of the Pilates reformer and modified therapeutically focused exercises to gently but effectively strengthen, align and stretch your whole body. Beneficial and safe for clients with arthritis, other joint issues, osteoporosis or injuries/conditions preventing them from participating in other reformer classes.