



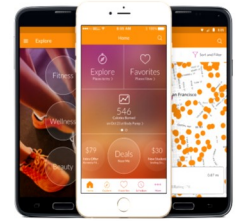
# PILATES REFORMER CLASS SCHEDULE

Pre-registration is required for all Reformer classes. ▶ denotes a virtual class.  
Schedule is subject to change.

Monday	8:30am 10:30am 10:30am 11:30am 6:30pm	<b>Pilates Reformer Group Class</b> ▶ <b>Virtual Pilates Mat</b> <b>Pilates Reformer Group Class</b> <b>Pilates Reformer Group Class</b> <b>Pilates Reformer Group Class</b>	<b>Nadene</b> <b>Rachel</b> <b>Nadene</b> <b>Nadene</b> <b>Jenny</b>
Tuesday	9:30am 10:30am	<b>Pilates Reformer Group Class</b> <b>Pilates Suspension Method</b>	<b>Ericka</b> <b>Ericka</b>
Wednesday	8:30am 9:30am 10:30am 5:30pm 6:30pm	<b>Pilates Reformer Group Class</b> <b>Pilates Reformer Group Class</b> <b>Pilates Reformer Group Class</b> <b>Pilates Reformer Group Class</b> <b>Pilates Reformer Group Class</b>	<b>Nadene</b> <b>Nadene</b> <b>Rachel</b> <b>Ericka</b> <b>Nadene</b>
Thursday	7:30am 10:30am	<b>Pilates Reformer Group Class</b> <b>Pilates Reformer Group Class</b>	<b>Rachel</b> <b>Ericka</b>
Friday	7:30am 8:30am 8:30am 9:30am 10:30am 11:30am	<b>Pilates Reformer Group Class*</b> <b>Pilates Suspension Method*</b> ▶ <b>Virtual Foam Roller</b> <b>Pilates Reformer Group Class</b> <b>Pilates Reformer Group Class*</b> ▶ <b>Virtual Mat Pilates</b>	<b>Martha</b> <b>Martha</b> <b>Rachel</b> <b>Ericka</b> <b>Martha</b> <b>Rachel</b>
Saturday	9:30am 10:30am	<b>Pilates Reformer Group Class</b> <b>Pilates Reformer Group Class</b>	<b>Ericka</b> <b>Jenny</b>

**\*\*IMPORTANT NOTE\*\***

**Classes with Martha begin 9/16!**



**Booking made simple.**

Download the **MINDBODY** App to easily check our schedule and book your next class!



**Pilates Class Policies:**

Our studio reserves the right to change/cancel class. Minimum class size is 2; maximum for Reformer is 6 and 9 for PSM. Client cancellations with less than 24 hrs notice will be charged for the missed class.



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GET STARTED  
**Special\***

**Includes:**  
60-min. Private Session  
3 Pilates Reformer Classes

**\$99**

\*For new Reformer clients. Limit one.

### Pilates Reformer Class Pricing

1 Class	\$25
8 Pack	\$160 (\$20/class)

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Farmington Hills, MI 48335



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