

# PILATES SCHEDULE

Achieve better coordination and posture. Learn how to engage the trunk of your body by focusing on multiple muscle groups and finding core balance and strength at the same time.

***Check out our weekly Pilates Group classes:***

## **MONDAYS**

**9:00 am**, Traditional Reformer, with Natalie (All Levels)

**4:00 pm**, Traditional Reformer, with Alissa (All Levels)

## **TUESDAYS**

**8:00 am**, Form & Control, with John (Beginners/Intermediate)

**6:00 pm**, Strength & Balance, with Justin (Intermediate)

## **WEDNESDAYS**

**4:30 pm**, Classical, with John (All Levels)

## **THURSDAYS**

**9:00 am**, Traditional Reformer, with Natalie (All Levels)

**5:45 pm**, Classical, with Justin (All Levels)

***Haven't taken advantage of your free group reformer class yet?***

**Contact Natalie –**  
**[natalie.rydell@swellclubs.com](mailto:natalie.rydell@swellclubs.com)**

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