

# 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)

## **TUESDAYS**

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

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

**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)

**6:00 pm**, Classical, with Justin (All Levels)

## **FRIDAYS**

**12:15 pm**, HIIT Reformer, with Alissa (Cardio Reformer)

*\*jumping required, previous reformer experience highly encouraged.*

**4:00 pm**, Traditional Reformer, with John (Reformer Fundamentals)

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

***SIGN UP & LEARN MORE:***

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