

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)

4:30 pm, Traditional Reformer, with Liv (All Levels)

TUESDAYS

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

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

THURSDAYS

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

FRIDAYS

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

SATURDAYS

10:00 am, Strength & Balance, with Liv (Intermediate)

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

Contact Natalie –
natalie.rydell@swellclubs.com

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