

Pilates Reformer Classes



Achieve amazingly dramatic changes on this amazingly versatile equipment

Exercising with the reformer is possible for anyone, at any level of fitness. It's no wonder the full name of the reformer is the "Universal Reformer!"

Session fees

Introductory 3-pack for new members **\$89**

Single session \$40 (\$40/session)

5 sessions \$180 (\$36/session)

10 sessions \$320 (\$32/session)

20 sessions \$560 (\$28/session)

Buddy packages

Two participants, one instructor!

5 sessions . . \$135 per person (\$36/session)

10 sessions . \$240 per person (\$24/session)

Before buddy training, each participant must participate in at least one regular session in order to assess their skill and fitness level.

With our Pilates Reformer classes, you can focus on building core and total body strength, while simultaneously improving flexibility, coordination and balance. These things in turn lead to daily life improvements like better posture, graceful, efficient movement!

For more information

If you have any questions or to schedule appointments, contact Janette Strevler at (317) 777.8636.

Reformer Classes, Fees & Policies:

- Participation in classes is based on instructor approval.
- All training is by appointment only. You may schedule as many prepaid sessions as you like.
- All packages must be used within 12 months of purchase.
- We require 24-hour notice for any cancellations. Sessions that are scheduled but not attended will be billed.

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