

REFORMER SERIES

WINTER 2024 • 11-WEEK SERIES • JAN 15TH TO MAR 28TH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

5:30pm
INTRO TO
REFORMER
with Marvin

12:30pm
INTRO TO
REFORMER
with Stephanie

7am
REFORMER
Level 1-2
with Marvin

1pm
INTRO TO
REFORMER
with Stephanie

6pm
REFORMER
Level 1-2
with Marvin

12pm
INTRO TO
REFORMER
with Maria

6pm
INTRO TO
REFORMER
with Marvin



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INTRO TO REFORMER

Learn proper technique and increase body awareness.

REFORMER LEVEL 1-2

Continue to hone the Pilates form required to build core strength, stability and mind-body awareness.

\$660^{+HST} for 11 weeks • Monday series \$600^{+HST} due to Family Day stat holiday
Maximum 4 participants • 55 minute classes • Instructors subject to change
No make-up classes

