

# REFORMER SERIES

SUMMER 2024 • 8-WEEK SERIES • JULY 8<sup>TH</sup> TO AUG 29<sup>TH</sup>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

7am  
REFORMER  
Level 2-3  
with Marvin

12pm  
REFORMER  
Level 2  
with Maria

6pm  
REFORMER  
Level 2-3  
with Marvin



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## INTRO TO REFORMER

Learn proper technique and increase body awareness.

## REFORMER LEVEL 2

Medium intensity class. Improve technique and proper breathing while mastering flowing sequences.

## REFORMER LEVEL 2-3

This challenging fast-paced class, is designed to build endurance, enhance flexibility and strengthen the body. You will continue to learn the Intermediate Syllabus while being introduced to the Advanced level exercises.

Register for the same class timeslot each week for the entire series

NEW Unlimited make up classes \*based on availability

\$480<sup>+HST</sup> for 8 weeks

Monday series \$420<sup>+HST</sup> due to Civic holiday

Maximum 4 participants • 55 minute classes

Instructors subject to change



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ATHLETIC CLUB