

FALL REFORMER SERIES

15-WEEK SERIES › SEPT 9TH TO DEC 19TH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7am

Reformer Level 2-3
with Marvin

NEW

1pm

Reformer Level 2
with Maria

NEW

5:30pm

Reformer Level 2-3
with Marvin

6pm

Reformer Level 2-3
with Marvin

NEW

5:30pm

Reformer Level 2
with Jen



shara@torontoathleticclub.com

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.

15 weeks \$900^{+HST}

Monday series \$720^{+HST} – no class on Sept 30, Oct 14 & Nov 11

Make-up sessions available – providing there is space

Maximum 4 participants



TORONTO
ATHLETIC CLUB