



New

Pilates Reformer Classes

BUILD YOUR STRENGTH FROM THE CORE

With exercises like footwork, bridging, arm series, and gentle core work, you'll build strength, flexibility, and body awareness, creating a solid foundation.

PROPER ALIGNMENT • BREATH CONTROL • CORE STRENGTH • FLEXIBILITY

Whether you're brand new or looking to refine your basics, this class will help you move better, feel better, and gain confidence in your body.

Weekly 50 Minute Classes | Pilates Studio

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7 am Lisa	7 am Isabel (Mens)			7 am Lisa	
9 am Lisa			9:30 am Josie (Womens)	9 am Josie		
		4:30 pm Josie	12 pm Josie		2 pm Lisa	1 pm Isabel
	6 pm Isabel			5 pm Isabel		

**PRICE: 6 sessions: \$99 | 12 sessions: \$192
20 sessions: \$300 | Drop/Demo in Rate: \$20**

Email preregistration required, contact **Steve Freitas** at stevef@jccnh.org