

November 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
	9:30 AM Rachel Womens only		9:10 am Isabel	9:30 AM Rachel	7 am Lisa	9 am Isabel
9 am Lisa	12 pm Lisa		12 pm Isabel			
			1:00 PM Isabel		2 pm Lisa	
	6 PM Isabel	4:30 pm Isabel		5 pm Elena		

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**