

PILATES REFORMER GROUP CLASSES



Using the Allegro Reformer to provide added assistance or resistance, Pilates exercises are performed to help strengthen and align the body through core conditioning of the abdominal muscles, muscles of the back and pelvic floor. Class size is limited to five as each student works on their own reformer.

Ages: 14 and older

Location: Studio II, Monterey Sports Center

Instructor: Pilates Reformer Certified & Trained Staff

Days & Times:

	Mondays, 10:30 - 11:30 a.m.	(Activity # 52050)
	Tuesdays, 6:45 - 7:45 p.m.	(Activity # 52054)
Level II →	Thursdays, 9:15 - 10:15 a.m.	(Activity # 52052)
	Thursdays, 5:30 - 6:30 p.m.	(Activity # 52055)
	Saturdays, 9:45 - 10:45 a.m.	(Activity # 52053)

Also Available, Pilates One-On-One:

By appointment only. Call 646-3739 to schedule.

Private Session: \$65 per hour

Semi-Private Session: \$40 per person* per hour.

*MSC does not pair participants.

Monterey Sports Center, 301 East Franklin Street (831) 646-3730

Please arrive 10 minutes early to EACH class to properly adjust your reformer.

Instructor permission required for Level II class.

Monday 10:30 a.m. Session Dates:

- A) Dec 10 - Dec 17
- B) Jan 7 - Jan 28
- C) Feb 4 - Feb 25
- D) Mar 3 - Mar 24
- E) Mar 31 - Apr 21
- F) Apr 28 - May 19
- G) May 26 - Jun 16

Tuesday 6:45 p.m. Session Dates:

- A) Dec 11 - Dec 18
- B) Jan 8 - Jan 29
- C) Feb 5 - Feb 26
- D) Mar 4 - Mar 25
- E) Apr 1 - Apr 22
- F) Apr 29 - May 20
- G) May 27 - Jun 17

Thursday 9:15 a.m. (Level II) & 5:30 p.m. Session Dates:

- A) Dec 13 - Dec 20
- B) Jan 10 - Jan 31
- C) Feb 7 - Feb 28
- D) Mar 6 - Mar 27
- E) Apr 3 - Apr 24
- F) May 1 - May 22
- G) May 29 - Jun 19

Saturday 9:45 a.m. Session Dates:

- A) Dec 15 - Dec 22
- B) Jan 12 - Feb 2
- C) Feb 9 - Mar 1
- D) Mar 8 - Mar 29
- E) Apr 5 - Apr 26
- F) May 3 - May 24
- G) May 31 - Jun 21

Cost:

Session A (2 classes):

\$40 Monterey City Resident

\$44 Other City Resident

All Other Sessions (4 classes):

\$80 Monterey City Resident

\$88 Other City Resident