

# PILATES REFORMER GROUP CLASSES



*Using the Balanced Body 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 and each student works on their own reformer.*

**Ages:** 14 and older

**Location:** Studio II, Monterey Sports Center

**Instructor:** Pilates 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

Saturdays, 9:45 - 10:45 a.m. Activity# 52053

*\*Instructor permission required for Level II class.*

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

**Monday 10:30 a.m. Session Dates:**

- A) December 7 - December 14
- B) January 4 - January 25
- C) February 1 - February 22
- D) March 1 - March 22
- E) March 29 - April 19
- F) April 26 - May 17
- G) May 24 - June 14

**Tuesday 6:45 p.m. Session Dates:**

- A) December 8 - December 15
- B) January 5 - January 26
- C) February 2 - February 23
- D) March 2 - March 23
- E) March 30 - April 20
- F) April 27 - May 18
- G) May 25 - June 15

**Thursday 9:15 a.m. (Level II):**

- A) December 10 - December 17
- B) January 7 - January 28
- C) February 4 - February 25
- D) March 4 - March 25
- E) April 1 - April 22
- F) April 29 - May 20
- G) May 27 - June 17

**Saturday 9:45 a.m. Session Dates:**

- A) December 12 - December 19
- B) January 9 - January 30
- C) February 6 - February 27
- D) March 6 - March 27
- E) April 3 - April 24
- F) May 1 - May 22
- G) May 29 - June 19

**Cost Per Session (4 Classes):**

\$85 Monterey City Resident  
\$93 Other City Resident

**Session A Cost (2 Classes):**

\$42.50 Monterey City Resident  
\$46.50 Other City Resident

**Monterey Sports Center**  
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