

# pilates reformer class descriptions

**REFORMER 101:** Practice the Basics and learn the Principles of Pilates Reformer in our Reformer 101 class. Perfect for newcomers, we'll guide you through foundational techniques and classic exercises, fostering confidence at your own pace. Whether you're new to Reformer work or a seasoned practitioner, this class caters to all levels. Leave equipped to seamlessly join any Pilates Reformer class.

**REFORMER FUNDAMENTALS:** Join us for a deep dive into core stability and full-body strength in our Reformer Fundamentals class. All experience levels are welcome as we harness the power of the Reformer for targeted exercises, ensuring every movement is supported with the right level of challenge and intensity.

**REFORMER FLOW:** Experience the fusion of classical Pilates and contemporary fitness in our Signature Reformer Flow class. Focus on core stability, full-body mobility, and enhanced mind-body connection through balanced movements and coordination exercises. Whether you're a beginner or seasoned practitioner, come flow with us using the Reformer and other accessories.

**HIIP (HIGH INTENSITY INTERVAL PILATES):** Energize and Elevate your workout with HIIP, using Pilates principles and high-intensity interval training. Perfect for those with some experience, this heart-pumping class intensifies your Pilates practice with fast-paced movements on the Reformer with various accessories. Expect a total-body workout tailored to meet your fitness goals.