

Group Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 Essential ANNIE	6:30 Progression MOLLY	6:30 Essential ANNIE	6:30 Progression JENTRY/ANNIE	
8:15 Barre HANNAH				8:30 Progression CHRISTY	9:00 Intermediate
8:00 Progression LISA	9:00 Pilates with a PT DIANA	8:00 Progression LISA			10:00 Progression
10:00 Progression LISA	9:30 Intermediate CHRISTY	10:00 Progression LISA	9:30 Intermediate CHRISTY		11:00 Essential (30 mins)
12:30 Pilates with a PT LAUREN 2:30	12:30 Pilates with a PT DIANA	12:30 Pilates with a PT ERIN	12:30 Pilates with a PT LAUREN	12:30 Pilates with a PT LAUREN	
2:30 Flexion Free Essential CHRISTY				2:00 Pilates with a PT DIANA/LILLY	
	5:15 Progression LISA	5:30 Progression LAUREN	5:15 Intermediate LISA		
5:30 Abs Class 6:00 Barre HANNAH		6:00 Barre HANNAH			

LEVEL	CLASS NAME	INSTRUCTOR
Level 1	Pilates with a PT	Physical Therapist / PTA
Level 2	Essential	Pilates Instructor
Level 3	Progression	Pilates Instructor (approval required)
Level 4	Intermediate	Pilates Instructor (approval required)



Pilates Class Levels at Re-form Physical Therapy and Pilates

At Re-form, our Pilates classes are designed with **progression, safety, and individualized movement quality** in mind. Because many of our clients are recovering from injuries or working toward higher-level performance, our classes are structured into levels to ensure you are in the environment that best supports your body and goals.

Level 1 - Pilates with a PT

This class is designed for individuals who are **recovering from injury, managing chronic pain, or transitioning out of physical therapy** once cleared by their provider.

Classes are led by one of our **Physical Therapists or Physical Therapist Assistants** and focus on **essential-level Pilates exercises** with modifications tailored to the needs of the group.

This class is also an excellent starting point for **anyone new to Re-form**, as it provides a strong foundation in movement mechanics and Pilates principles in a medically informed environment.

Appropriate for:

- Post-rehabilitation patients cleared by their physical therapist
- Clients with chronic injuries or limitations
- Anyone new to Re-form Pilates

Level 2 - Essential Level

The Essential Level class is our **foundational Pilates class** and is ideal for beginners. These classes incorporate **all Pilates equipment**, including:

- Mat work
- Reformer
- Cadillac
- Chair
- Barrels

Participants will focus on **essential-level exercises** designed to build strength, control, and understanding of Pilates fundamentals. Occasionally, **intermediate exercises may be introduced** when appropriate to help clients progress to the next level.

Important:

Anyone who has **never taken a class at Re-form** must **begin in either an Essential Level class or Pilates with a PT class.**

Level 3 - Progression Level

This class bridges the gap between foundational and intermediate Pilates work and is designed for clients who are ready to advance beyond beginner-level exercises.

Participants perform a **combination of essential and intermediate exercises** across all Pilates equipment.

Because clients progress at different rates, this class often incorporates **exercise variations within the same movement**. Some participants may perform an **essential version of an exercise**, while others perform the **intermediate version**, allowing each client to be appropriately challenged while continuing to build strength, control, and coordination.

Clients must be **cleared by an instructor before enrolling**, as this class is not intended for beginners or those new to Re-form.

Level 4 - Intermediate Level

The Intermediate class is a **more advanced Pilates class** designed for experienced clients.

Exercises move at a quicker pace and require **greater strength, coordination, and control** across all Pilates apparatus.

Participation requires **instructor approval** to ensure safety and appropriate placement.

This class is best suited for individuals who:

- Have progressed through prior levels
- Demonstrate strong Pilates technique
- Are comfortable performing intermediate-level exercises on all equipment

