



## Group Equipment Class Schedule

Reformer and Chair are by appointment only. Email [info@pilatesspace.com](mailto:info@pilatesspace.com)

## Group Class Schedule

Group Class Memberships include Virtual Classes/Recordings.

### Virtual Classes

Includes weekly RECORDINGS for all virtual classes.

## Monday, April 27 to Saturday, August 15, 2026

Teachers and classes are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11am Strength, Conditioning, Mobility Kim/Jacqueline</p>	<p>11am Reformer Intermediate Jacqueline/Charlie</p> <p>1pm Reformer Intermediate Mary Catherine</p>	<p>11am (Virtual) Bone Health Cathy</p> <p>1pm Reformer Intermediate Mary Catherine</p>	<p>11am Wunda Chair (All Levels) Jacqueline</p>	<p>10am Reformer Beginner /Intermediate Cathy</p> <p>10am Strength, Conditioning, Mobility Mary Catherine</p> <p>11am Bone Health Cathy</p> <p>11am Reformer Advanced Mary Catherine</p>	<p>10am Barrework Kim</p> <p>11am (Virtual) Matwork &amp; Small Apparatus Jane</p> <p>11am Reformer Intermediate Kim</p> <p>12:15pm Reformer Intermediate Kim</p>
<p>6pm Reformer Intermediate Kim</p> <p>7:15pm Reformer Intermediate Kim</p>	<p>5pm Reformer Intermediate Kim</p> <p>5:30pm Wunda Chair INTRO 8 week May 12 – June 30 Charlie</p> <p>6:30pm Matwork &amp; Small Apparatus Charlie</p> <p>6:15pm Reformer Intermediate/advanced Kim</p> <p>7:30pm Reformer Beginner/Intermediate Charlie</p>	<p>4:30pm Matwork &amp; Small Apparatus Mary Catherine</p> <p>5:30pm Reformer Intermediate Mary Catherine</p>	<p>5pm (Virtual) Matwork &amp; Small Apparatus Kim</p> <p>5:30pm Reformer Beginner Charlie</p> <p>6:15pm Wunda Chair Beginner/Intermediate Kim</p> <p>6:30pm Reformer Intermediate Charlie</p> <p>7:30pm Reformer Intermediate Kim</p>	<p>1:30pm Reformer INTRO 8 week May 2 – June 27 *no class May 16 Miriam</p>	

## **Reformer INTRO**

Learn the fundamentals of Fletcher Pilates, explore spring resistance, and be introduced to a variety of challenging and fun Reformer exercises designed to strengthen, stretch, and support the entire body. (required prior to attending Reformer classes)

## **Reformer**

Group Reformer classes provide a dynamic, full-body workout that builds strength in both the upper and lower body, develops control through new ranges of motion, and enhances spinal mobility. Spring resistance both supports and challenges the body. (prerequisite Reformer INTRO or 5 Private classes)

## **Wunda Chair INTRO**

Transfer your Pilates experience to this compact piece of equipment with spring resistance. Group Wunda Chair INTRO provides a similar dynamic, full-body workout as does the Reformer while further challenging balance and proprioception and expanding one's knowledge of the Fletcher Pilates repertoire. (previous Pilates experience required)

## **Wunda Chair**

These group classes build on your existing Wunda Chair experience. This full-body workout continues to challenge balance, proprioception and endurance with spring resistance on a compact footprint. (prerequisite Wunda Chair INTRO)

## **Matwork & Small Apparatus**

A full-body workout designed to strengthen the deep core muscles that support the spine and promote balanced and efficient movement throughout the entire body. To challenge strength and endurance, and increase mobility and body awareness, a selection of Matwork, Spine Corrector and Magic Circle might be taught alongside Fletcher Pilates® signature techniques: Towelwork, Floorwork, and Barrework. Roller work and stretching are also incorporated to release tension, and create a well-rounded class.

## **Strength, Conditioning, Mobility**

This challenging and well-rounded class will include dynamic movement, balance and coordination tasks, as well as stability and alignment work. Drawing from Matwork & Small Apparatus and various other movement modalities with options to regulate the level of difficulty.

## **Bone Health**

Utilizing weights and resistance bands and also drawing from Small Apparatus elements. This class includes balance and coordination tasks, as well as mobility and stability work, abdominal work and pelvic floor engagement. Ideal for those with osteoporosis or loss of bone density but challenging for anyone.

## **Barrework**

Fletcher Barrework class has everything from simple leg and foot articulation to more complex, yet accessible, locomotion sequences. Utilizing Fletcher Fundamentals for organization in standing and drawing from Small Apparatus elements for a fully integrated, full body movement experience. Challenging for those with more movement experience and very user friendly for those with less.