



SCHEDULE

Saturday, June 4

9:00 Stretch & Release w/ Kim

Thirty min. of MELT moves focused on release, and 30 min. of Reformer assisted stretching.

60 min; ALL LEVELS

\$25

11:00 Zen Flow Reformer w/Whitney

Reformer with a mindfulness yogi twist.

60 min; ALL LEVELS

\$25

Saturday June 18

9:00 All About Arms w/Whitney

Reformer focused on conditioning the upper body.

60 min; INTERMEDIATE

\$25

11:00 Metabolic Bootcamp w/Kim

Wake up your metabolism with a MELT Foot treatment and Reformer w/jump board intervals.

60 min; BEGINNER/INTERMEDIATE

\$25

Saturday, July 9

9:00 Happy Hips w/Kim

Hip mobility & strength work on Reformer ending with MELT foam roller treatment.

60 min; ALL LEVELS

\$25

11:00 Jump Board Madness w/Whitney

Cardio jump board focusing on alignment and control.

55 min; ADVANCED

\$25

Saturday, July 23

9:00 All About Arms w/Whitney

Reformer focused on conditioning the upper body.

60 min; INTERMEDIATE

\$25

11:00 Revved Up Reformer w/Kim

Think outside the box and bring an open mind and a sense of adventure!

60 min; ADVANCED

\$25

Saturday, August 13

9:00 Workshop: Exploring Advanced Reformer Exercises

90 min; ADVANCED

\$35

11:00 Reformer Fundamentals w/Sonja

Rediscover the foundations of Pilates and refine your practice.

60 min; ALL LEVELS

\$25

Saturday, August 27

9:00 TBD w/Kim

OPEN TO SUGGESTIONS!

60 min

\$25

11:00 Reformer Fundamentals w/Sonja

60 min.

\$25

Sign up online at www.pilatesbykim.com/summerseries