

**MONDAY****REFORMER**  
*Mixed Level*

7:00 AM PILATES STUDIO

**REFORMER**  
*Mixed Level*

9:30 AM PILATES STUDIO

**TUESDAY**★ **INTRO TO REFORMER**

8:00 AM PILATES STUDIO

**REFORMER**  
*Mixed Level*

9:30 AM PILATES STUDIO

**REFORMER**  
*Mixed Level*

5:30 PM PILATES STUDIO

**WEDNESDAY****TOWER OF POWER**  
*Intermediate*

7:00 AM PILATES STUDIO

**REFORMER**  
*Level 1*

8:00 AM PILATES STUDIO

**THURSDAY****REFORMER**  
*Mixed Level*

7:00 AM PILATES STUDIO

**REFORMER/ CHAIR COMBO**  
*All Level*

8:00 AM PILATES STUDIO

**REFORMER/ TOWER COMBO**  
*All Level*

9:30 AM PILATES STUDIO

**FRIDAY****TOWER**

7:00 AM PILATES STUDIO

**INTERMEDIATE**  
*Min 6 months experience required*

8:00 AM PILATES STUDIO

**REFORMER/ TOWER COMBO**  
*All Level*

9:30 AM PILATES STUDIO

**SATURDAY****REFORMER**  
*Mixed Level*

8:00 AM PILATES STUDIO

**ENGAGE YOUR CORE**  
*All Level*

10:00 AM PILATES STUDIO

**SUNDAY****REFORMER**  
*Mixed Level*

10:00 AM PILATES STUDIO

**SCAN THE QR CODE**

For class descriptions and special offers.  
Questions? Use our online form to contact Kiki Hanson.

★ **INTRO TO REFORMER**

Join us for a 30-minute complimentary\* Pilates equipment exercise class where we will go over equipment set up and usage.

Pilates class packages and private sessions are available.  
Contact your CF Elite location or talk to the front desk about specific packages and training opportunities.

\*Members only. Non-members can participate for \$40.

**DANVERS**  
**PILATES EQUIPMENT**  
**CLASS SCHEDULE****FALL 2023** Updated 11/9/23**SPACE IS LIMITED TO 6.** Enrollment via the app is mandatory. Thank you!