

MONDAY

**CLASSICAL
REFORMER
WITH LAURA**
9:00 AM PILATES STUDIO

TUESDAY

★ **INTRO TO
REFORMER
WITH KIM**
5:30 PM PILATES STUDIO

**CONTEMPORARY
REFORMER
WITH KIM**
6:30 PM PILATES STUDIO

WEDNESDAY

STARTING 3/13/24
**CLASSICAL
REFORMER
WITH LAURA**
9:00 AM PILATES STUDIO

THURSDAY

FRIDAY

**CONTEMPORARY
REFORMER
WITH KIM**
9:00 AM PILATES STUDIO

SATURDAY

**CLASSICAL
REFORMER
WITH LAURA**
9:00 AM PILATES STUDIO

★ **INTRO TO
REFORMER
WITH LAURA**
10:00 AM PILATES STUDIO

SUNDAY



SCAN THE QR CODE

For class descriptions and special offers.
Questions? Use our online form to contact Elizabeth Fontaine.

★ **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.



METHUEN
**PILATES EQUIPMENT
CLASS SCHEDULE**

SPRING 2024 Effective 3/4/24

SPACE IS LIMITED TO SIX. Enrollment via the app is mandatory. Thank you!