**Haven Pilates Reformer**

**Group Classes**

**Effective Tuesday, September 8**

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**HAVEN PILATES REFORMER CLASS DESCRIPTIONS**

The Reformer, the most popular piece of equipment, is one of Joseph Pilates’ original inventions. Beginning exercise in the horizontal plane relieves the stress and strain on joints and aligns the body before adding more gravitational forces while standing, sitting or kneeling.

**Level 1:** Recommended for students with little or no experience.

*Includes exercises on the tower*

**Level 1/2:** Recommended for students with some Pilates experience.

*Includes exercises on the tower*

**Level 2:** Recommended for students with Pilates experience who want to delve into a more advanced practice.

**Level 2/3:** Recommended for advanced Pilates students.

**Cardio Reformer $**

55 minutes

A fun and challenging workout where the participant jumps horizontally to challenge muscles, strengthen the core, improve cardiovascular conditioning, and stretch tight areas in the body. This complete workout will shape and tone your entire body.

**Reformer $**

55 minutes

In a group setting, apply the Pilates methodology as performed on the Reformer and challenge yourself as you lengthen and strengthen your entire body, working with the spring resistance on a movable surface. Classes offered in different levels.

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**Haven on the Lake**

**Regular Hours of Operation**

Mon-Fri, 6am-8pm
Sat-Sun, 7am-5pm

**KidSpace is currently closed**

**Refresh members** may register for classes 72 hours in advance (additional fee may be required).

**Revive members** may register for classes one week in advance. For updated schedule, class descriptions and to register for classes online, please visit HavenontheLake.org.

Haven Pilates Reformer Group Classes at Haven are 55 minutes unless otherwise noted. Register online at HavenontheLake.org or at the front desk.