



AVALON AT BUHL PARK

Reformer Pilates Classes

CLASSES ARE \$10 PER MEMBER OR GUEST

What is Reformer Pilates?

Reformer Pilates combines the traditional principals and movements of mat Pilates with a Reformer machine. This machine contains a foot bar, carriage, pulleys and five springs of varying tension that can be adjusted to suit your fitness level or needs.

Meet the Instructor: Judy Fiore

Judy has been teaching pilates for over a decade with a multitude of experience in fitness. Her classes welcome all levels of pilates experience and are to give you the best work out using top of the line reformers. None of these class times work for you? Call Judy and set up a private session today (724) 815-6390

- Reservations are required and on a first-come, first-serve basis.
- Members are welcome to drop-in, if space is available and must check in at Fitness Desk.
- Guest visitations limited to three visits per calendar year.

FITNESS CENTER HOURS

5 a.m. to 11 p.m.
7 Days a Week // (724) 704-8820



24 Hour Cancellation Policy

REMINDER! No shows will be charged. If you cannot attend class, please be sure to cancel your reservation so your account is not charged.

WEEKLY SCHEDULE

MONDAYS

NO CLASS

TUESDAYS

ADVANCED REFORMER PILATES

8:45-9:45am – Judy – Buhl Park

REFORMER PILATES

10-11am – Judy – Buhl Park

WEDNESDAYS

REFORMER PILATES

10-11am – Judy – Buhl Park

REFORMER EXPRESS

6:15-7pm – Judy – Buhl Park

THURSDAYS

NO CLASS

FRIDAYS

ADVANCED REFORMER PILATES

8:45-9:45am – Judy – Buhl Park

SATURDAYS

BEGINNER REFORMER PILATES

9-10am – Judy – Buhl Park

REFORMER PILATES

10:15-11:15am – Judy – Buhl Park