

# 121 Pilates Reformer Training Studio

Mastering Pilates is a journey. It takes time and consistent training to achieve its rewards. There are hundreds of exercises that you will find challenging, both mentally and physically. Pilates will challenge everyone regardless of your age, sex or fitness level. Individuals of different levels can participate in the same class, as modifications can be made to accommodate everyone.



## Pilates Reformer Class Schedule

**Mondays - 5:30pm (Rachel)**

**Wednesdays - 10:30am (Hope), & 6pm (Rachel)**

**Fridays - 7am (Hope), 9:30am (Hope) & 10:30am (Hope)**

**Saturdays - 9am (Rachel)**

	121 Members	Non-Members
1 class	\$20	\$35
5 classes	\$80	\$150
10 classes	\$120	\$250
20 classes	\$200	\$400

121 Fitness Center offers private, duet and small group classes. Please call Sarah at 216.368.1121 to schedule your private or duet sessions. All 121 members receive 1 FREE small group Intro session.