

Pilates Reformer

Ages 16-up

The Pilates reformer is a machine that uses springs and pulleys to create resistance while performing controlled exercises. Proper form and technique are emphasized in each class, with individual attention and instruction. Gain power and flexibility and decrease the risk of injury with Pilates reformer training.

Pilates Reformer Classes

Tuesdays	6:30pm-7:30pm with Davy D.
1/16-3/12	\$25 (\$29 non-members)
Fridays	9am-10am with Davy D.
1/12-3/29	\$25 (\$29 non-members)
4/5-6/14	\$25 (\$29 non-members)

Register online via online services, through the Liberty mobile app, in-person, or over the phone.

Pilates Reformer Instructors

Cheryl Gulbranson

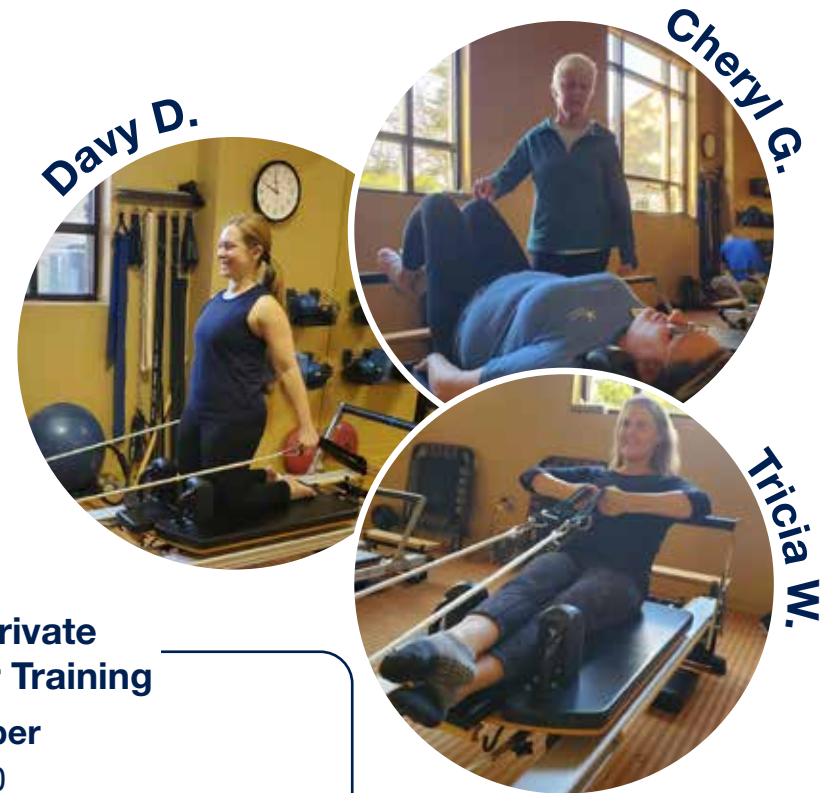
cheryl.gulbranson@libertyathletic.net

Davy Darnton

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Tricia Wise

tricia.wise@libertyathletic.net



Private & Semi Private Pilates Reformer Training

60 minutes member

Private	\$75.00
2 People	\$43.50 (each)
3 People	\$34.50 (each)
4+ People	\$31.00 (each)

30 minutes member

Private	\$44.00
2 People	\$27.00 (each)
3 People	\$22.00 (each)
4+ People	\$18.50 (each)

Contact one of our Pilates reformer instructors to schedule your personalized private or group training session.

Need additional information?

Chelsea Gnida, Director of Fitness & Wellness

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