




## TENNIS CLUB

# Small Group Reformer Classes at the SAC Pilates Studio

Reformer Pilates has so many incredible benefits including increased core strength, injury prevention, correcting muscle imbalances, improving posture, flexibility and so much more!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM			REFORMER GROUP CLASS (Lois)		REFORMER GROUP CLASS (Annmarie)		
8:00 AM		REFORMER GROUP CLASS (Tonya)		REFORMER GROUP CLASS (Patti)	REFORMER GROUP CLASS (Tonya)	REFORMER GROUP CLASS (Susan)	REFORMER GROUP CLASS (Lois)
9:00 AM	REFORMER GROUP CLASS (Susan)	REFORMER GROUP CLASS (Tonya)		REFORMER GROUP CLASS (Jen)	REFORMER GROUP CLASS (Tonya)	REFORMER GROUP CLASS (Susan)	REFORMER GROUP CLASS (Lois)
10:00 AM	REFORMER GROUP CLASS (Patti)		REFORMER GROUP CLASS (Patti)	REFORMER GROUP CLASS (Jen)	REFORMER GROUP CLASS (Tonya)	REFORMER GROUP CLASS (Susan)	REFORMER GROUP CLASS (Lois)
11:00 AM							REFORMER GROUP CLASS (Lois) BEGINNER
5:30 PM	REFORMER GROUP CLASS (Patti)		REFORMER GROUP CLASS (Jen)				
6:30 PM		6:00 REFORMER GROUP CLASS (Jen)		6:00 REFORMER GROUP CLASS (Lois)			4/28/25

- \$40 per session drop in fee
- \$30 per session with a package of 4 or 8 sessions
- \$22.50 per session with a package of 20 sessions


Classes shaded above in green are beginner level. All other classes are mixed levels. 4 pack expires in 1 month, 8 pack expires in 2 months, 20 pack expires in 3 months— NO EXCEPTIONS. All packages are final- non refundable/transferrable.

Max 6 people per class and min 3 people to hold class.



for info contact Patti Bode at: [patti@SpartaAthleticCampus.com](mailto:patti@SpartaAthleticCampus.com)  
 Register on the SAC app. First time users contact the club to set up.  
 Registration available 14 days prior to class.

## SPARTA ATHLETIC CAMPUS

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