

# PARKWOOD YMCA PILATES REFORMER SCHEDULE

STUDIO CLASSES FOR JANUARY 4-31

\*Pre-Registration for entire month required  
\*Registration opens Monday 12/15/2025

Date revised 12/8/2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM			Small Group Reformer Erin (60) Pilates Studio		Small Group Reformer Becky (60) Pilates Studio	
9:00 AM		Small Group Reformer Jen (60) Pilates Studio				
12:00 PM	Small Group Reformer Tara (60) Pilates Studio					
4:00 PM				Small Group Reformer Tara (60) Pilates Studio		
5:45 PM		Small Group Reformer Alison (60) Pilates Studio				