



Pilates Reformer

MONDAY

9:30a
REFORMER I
NICKI

10:30a
REFORMER II
NICKI

TUESDAY

8:30a
REFORMER I
AZADEH

9:30a
REFORMER II
& STRETCH
AZADEH

WEDNESDAY

9:30a
REFORMER I
MORGAN

10:30a
REFORMER II
MORGAN

THURSDAY

8:30a
REFORMER I
CAITLIN

9:30a
REFORMER II
CAITLIN

FRIDAY

9:30a
REFORMER I
MORGAN

10:30a
REFORMER II
MORGAN

SATURDAY

9:00a
ARMS/ABS/GLUTES



In 10 sessions you'll feel the difference, in 20 you'll see the difference, and in 30 you'll have a new body

— Joseph Pilates —

Athletic Center – (949) 858-2790
Athletic Center hours:
M-F 5:30am 8:30pm Sat 6:30am 7:30pm Sun 6:30am 7:00pm

Reservations required. Spaces limited.

*Members must purchase a Pilates class package to reserve a reformer. Reservations are made up to 2-weeks in advance. One complimentary class available per member. Limit one per person. Drop-in fees are \$35 per class. Pricing and class availability is subject to change.