

# PILATES REFORMER GROUP SCHEDULE

## Spring 2025



DAY	TIME	INSTRUCTOR	LOCATION
Sunday	8:30 am	Marla	Rzepka
	9:30 am	Marla	Rzepka
	10:30 am	Marla	Rzepka
Monday	8:30 am	Marla	Rzepka
	9:30 am	Marla	Rzepka
	10:30 am	Sue	Loft
Tuesday	9 am	Marla	Rzepka
	10 am	Marla	Rzepka
	1:30 pm	Sue (Roll and Release)	Loft
	5 pm	Marla	Rzepka
Wednesday	8:30 am	Marla (Jumpboard)	Rzepka
	9 am	Annie	Loft
	4:30 pm	Annie (Mat Pilates)	Loft
	9:30 am	Marla	Rzepka
	5:30 pm	Annie	Loft
	6:30 pm	Annie	Loft
Thursday	6 am	Vivian (Mat Pilates)	Loft
	7 am	Vivian	Loft
	8:30 am	Annie (Beginner)	Loft
	9:30 am	Marla	Rzepka
	10:30 am	Marla	Rzepka
	5 pm	Marla	Rzepka
	6 pm	Marla	Rzepka
Friday	8:30 am	Marla	Rzepka
	9:30 am	Marla	Rzepka
	10:30 am	Marla	Rzepka
	10:30 am	Sue (Roll and Release)	Loft
	12:30 pm	Annie	Loft
Saturday	8:30 am	Annie (Beginner)	Loft
	10:15 am	Marla	Rzepka

**Classes are 55 minutes and for all levels, unless otherwise noted.**

### Fees for Small Group

1 Session - \$28  
 10 Sessions - \$220 (\$22/session)  
 20 Sessions - \$420 (\$21/session)

### Please Note

- All Pilates reformer classes are fee-based
- No walk-ins permitted
- Participants must have completed three private training sessions or be approved by an instructor to take small group Pilates training classes
- All class times and instructors are subject to change

### Private & semi-private Pilates sessions are also offered.

Private sessions are scheduled upon request and are based on instructor availability.

**Small group classes can be scheduled on our My J app.**



**OPEN HOUSE**  
 April 6  
 9 am - Noon



REV 1/24/25

To schedule or for information contact Kate [ktoohig@mandeljcc.org](mailto:ktoohig@mandeljcc.org) • 216-593-6265