PILATES REFORMER GROUP SCHEDULE
Winter 2026-27

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
	5:30 pm	Christina	Loft
Tuesday	9 am	Marla	Rzepka
	10 am	Marla	Rzepka
	11:30 am	Deanna	Loft
	5 pm	Marla	Rzepka
Wednesday	8:30 am	Marla (Jumpboard)	Rzepka
	9:30 am	Marla	Rzepka
	5:30 pm	**Back to Basics**	**Loft**
Thursday	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
Saturday	10:15 am	Marla	Rzepka
	10:30 am	Deanna	Loft

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

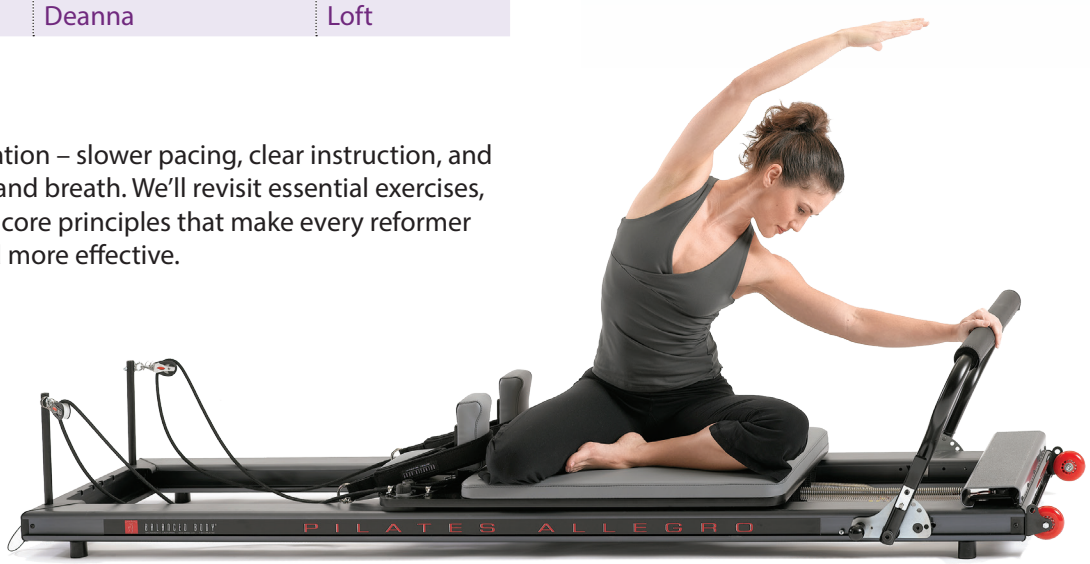
Private & semi-private Pilates sessions are also offered.
Private sessions are scheduled upon request and are based on instructor availability.

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

Available on the App Store

GET IT ON Google Play

Back to Basics resets your foundation – slower pacing, clear instruction, and focused attention on alignment, and breath. We'll revisit essential exercises, refine technique, and rebuild the core principles that make every reformer movement stronger, smarter, and more effective.



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mandeljcc.org/pilates

REV 11/5/26

To schedule or for information contact Kate **ktoohig@mandeljcc.org • 216-593-6265**