

# AVALON AT BUHL PARK

## Reformer Pilates Classes

### WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FITNESS CENTERS</b> <u>Avalon at Buhl Park</u> 5 a.m. to 11 p.m. 7 Days / Week (724) 704-8820						<u>Beginner Reformer Pilates</u> <b>BUHL PARK</b> <b>9-10am</b> Judy F No Class 3/2
<b>CONCIERGE SERVICES</b> (724) 704-8801 (330) 539-5008 (330) 856-1900		<u>Reformer Pilates</u> <b>BUHL PARK</b> <b>10-11am</b> Judy F No Class 3/5	<u>Reformer Pilates</u> <b>BUHL PARK</b> <b>10-11am</b> Judy F No Class 3/6			<u>Reformer Pilates</u> <b>BUHL PARK</b> <b>10:15-11:15am</b> Judy F No Class 3/2
<b>24 Hour Cancellation Policy</b>  <b>REMINDER!</b> No shows will be charged. If you cannot attend class, please be sure to cancel your reservation so your account is not charged.  For more information on making or canceling a reservation, please see the Fitness Attendant for our Terms and Conditions.			<u>Reformer Express</u> <b>BUHL PARK</b> <b>6:15-7pm</b> Judy F No Class 3/6			<div>           Instructor, Judy Fiore, has been teaching Pilates for over a decade with a multitude of experience in fitness. Her classes welcome all levels of pilates experience and are to give you the best work out using top of the line reformers. None of these class times work for you? Call Judy and set up a private session today. (724) 815-6390         </div>

**What is Reformer Pilates?** Reformer Pilates combines the traditional principals and movements of mat Pilates with a Reformer machine. This machine contains a foot bar, carriage, pulleys and five springs of varying tension that can be adjusted to suit your fitness level or needs.



- Reservations are required and on a first-come, first-serve basis.
- Members are welcome to drop-in, if space is available and must check in at Fitness Desk.
- Members are welcome to bring a guest to class for \$10 class fee.  
*Guest visitations limited to three visits per calendar year*

Updated: 3/1/2024

**Call Concierge or the Fitness Desk to reserve your space today!**