PARKWAY
Athletic Club

Schedule Effective November 01, 2026

Welcome to Breathe Pilates Studio

Reservation are required for all classes

Schedule Classes via our Parkway Athletic Club app! QR info listed at bottom of page.

Monday	Friday
8:30am Pilates Reformer with Christine H. 2, 3	8:30am Pilates Reformer with Nichole T. 2, 3
9:30am Pilates Reformer with April E. 1, 2	9:30am Pilates Reformer with Nichole T. 1, 2
10:30am Pilates Reformer with April E. 1, 2	10:30am Pilates Reformer with Christine H. 1, 2
11:30am Pilates Reformer with April E. 1, 2	3:00pm Pilates Reformer with April E. 2, 3
3:30pm Pilates Reformer with Marilynne T. 2	4:00pm Pilates Reformer with April E. 2, 3
4:30pm Pilates Reformer with Marilynne T. 2	**Saturday**
5:30pm Pilates Reformer with Greg T. 2	8:00am Pilates Reformer with Jody C. 2, 3
	9:00am Pilates Reformer with Jody C. 2
Tuesday	10:00am Pilates Reformer with Jody C 2, 3
8:00am Pilates Reformer with Payton V. 2	
9:00am Pilates Reformer with Payton V. 1, 2	**Class Descriptions**
10:00am Gentle Pilates with Payton V. 1+	**CLASS LEVELS 1-BEGINNER, 2-INTERMEDIATE, 3-ADVANCED**
4:30pm Pilates Reformer with Gregg T. 2	**Intro to Pilates Reformer** *If you have never taken reformer you must take this class before any other. Beginning level class that is slower and gentler than levels 2 and 3. Suitable for all levels that want to focus on form and on central Pilates principles of breath, centering, control, concentration, precision, and flow. If you are a higher level exerciser, you may take this class and the instructor will give you progressions.
5:30pm Pilates Reformer with Gregg T. 2	
Wednesday	
8:30am Pilates Reformer with April E. 2, 3	**Pilates Reformer** Experience a total body workout that will leave you feeling stronger, more flexible and standing with improved body alignment! In this class you will build upon what you have learned. The exercise become more difficult, we work with small props to continue to challenge the body and we work on transition and fluidity.
9:30am Pilates Reformer with April E. 1, 2	
10:30am Pilates Reformer with April E. 1, 2	
11:30am Pilates Reformer with April E. 1, 2	
4:30pm Pilates Reformer with April E. 2	**Pilates Jump** A high intensity class combining cardio with Pilates exercises all done on the reformers. A very fun, but intense class that will give you the "awareness" you are looking for! Prerequisite Notes This is a HIGH INTENSITY class…people with injuries or new to Pilates should try Group Reformer or Intro to Group prior to this class.
5:30pm Pilates Reformer with April E. 2	
6:30pm Intro to Pilates Reformer with April E. 1	
Thursday	
7:00am Pilates Fit with Jody C. 2,3	**Pilates Fit** An invigorating fusion of classic Pilates equipment movements, fat burning cardiovascular exercises, as well as full body strength building. They key principles of Pilates core training added to more modern movements make this workout powerful. It is a full body conditioning program that will lengthen and strengthen your muscles, with the added advantage of improving your muscle-to-fat ratio. Pilates Fit is fun and will work your body from head to toe. This class is for all levels.
8:00am Pilates Reformer with Jody C. 2,3	
9:00am Pilates Reformer with Jody C. 2.3	
10:00am Pilates Reformer with Jody C. 2,3	
4:30pm Pilates Reformer with Christine H. 2	
5:30pm Pilates Reformer with Christine H. 2,3	

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