

# BEGINNING REFORMER

WITH AMY WAGNER



**WEDNESDAYS** | **11:00AM**  
**FRIDAYS** | **9:00AM**

Beginning Reformer is designed for those interested in learning how the apparatus works and for those wanting to improve on their foundational Pilates repertoire. Learn how to safely use the Reformer and take full advantage of the open studio at the Airport Club.

**GPT RATES APPLY.**

Contact Amy to sign-up: 707.799.9576 | [amyw@airportclub.com](mailto:amyw@airportclub.com)