



REFORMER FOR EVERYBODY

Presented by Cherry Herzog
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OVERVIEW

Explore fun and creative progressions in a workout designed for “every body.” Move from the center out as you stabilize, strengthen, stretch and build stamina, as well as experience the movement magic of Peak Pilates®.

OBJECTIVES

Warm-Up

- Standing
- Supine Fundamentals

Workout

- Footwork Series
- The Hundred
- Arm Series
- Frog/Leg Circles
- Short Spine
- Long Box Series
- Short Box Series
- Long Stretch Series
- Knee Stretch Series
- Running/Pelvic Lift
- Split Series

SUMMARY

Choreography Handout will be distributed at the session.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**