

PILATES REFORMER

SMALL GROUP CLASSES
REFORMER, TOWER & CHAIR



Yoga
Pilates

CLASS SCHEDULE SUBJECT TO CHANGE
EFF. Sept 15, 2025

MON 8am Reformer "Jump"
9am Pilates Reformer
10am Pilates Reformer
12pm Restorative
5pm Pilates Reformer

TUE 8am Pilates Reformer
9am Pilates Reformer
10am Pilates Reformer

WED 8am Pilates Reformer
9am Pilates Reformer
10am Restorative
5pm Pilates Reformer

THU 9am Pilates Reformer
10am Pilates Reformer
11am **BEGINNER** Pilates Reformer

FRI 8am Reformer "Jump"
9am Pilates Reformer
10am Pilates Reformer

SAT 9am Pilates Reformer

SUN 10am Pilates Reformer

Restorative: A full body stretch class using the Pilates equipment, foam rollers and trigger point balls - leave feeling Restored.

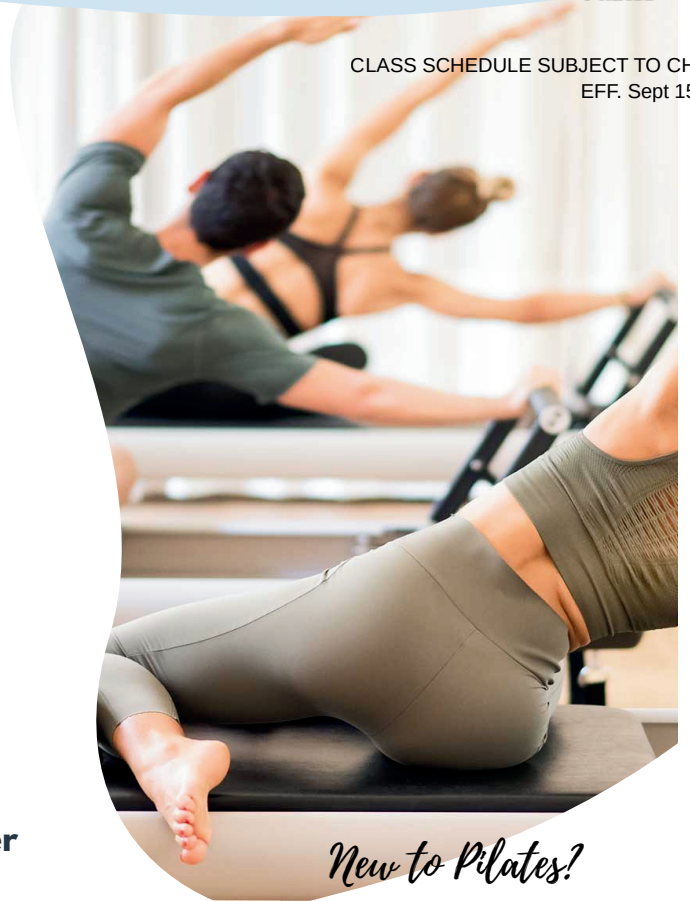
Pilates Reformer "JUMP" is an intermediate low-impact aerobic exercise class using a Pilates jump board & equipment.

985-792-0273

pilates@myfrancos.com

100 BON TEMPS ROULE

MANDEVILLE, LOUISIANA



New to Pilates?

INTRO TO REFORMER

If you have no prior Pilates experience please schedule a 30-minute Intro to Reformer Private session

\$30/members, \$42/non-members

(please do not book a class online until this session has taken place). After completion you will receive

one (1) free group class!

Join today!



Pilates

REFORMER & TOWER CLASSES
FRANCO'S HEALTH CLUB & SPA

Packages + Price Savings Breakdown

Package	Package Price / Franco's Member	Package Price / Non-Member
1 class	\$23 per class	\$35 per class
6 classes	\$120 (\$20 per class)	\$168 (\$28 per class)
12 classes	\$216 (\$18 per class)	\$300 (\$25 per class)

Want to Save More?

MEMBERS ONLY

enjoy our Unlimited Monthly Packages!

1 month: \$249

6 month commitment: \$199 per month

Need your Privacy?

60-minute Private Sessions

Package	Package Price / Franco's Member	Package Price / Non-Member
1 private session	\$62 per session	\$87 per session
6 private sessions	\$330 (\$55 per session)	\$510 (\$85 per session)
12 private sessions	\$636 (\$53 per session)	\$996 (\$83 per session)



join today!

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