

PILATES REFORMER



SMALL GROUP CLASSES
REFORMER, TOWER & CHAIR



MON

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

TUES

8am Pilates Reformer
9am Pilates Reformer
10am Pilates Reformer
12pm **Intro** To Pilates Reformer

WED

8am Pilates Reformer
9am Pilates Reformer
10am Restorative
11am **Intro** To Pilates Reformer
4:30pm **Intro** To Pilates Reformer
5pm Pilates Reformer

THUR

9am Pilates Reformer
10am Pilates Reformer
11am **Intro** To Pilates Reformer

FRI

8 am Reformer "Jump"
9am Pilates Reformer
10am Pilates Reformer
11am Restorative

SAT

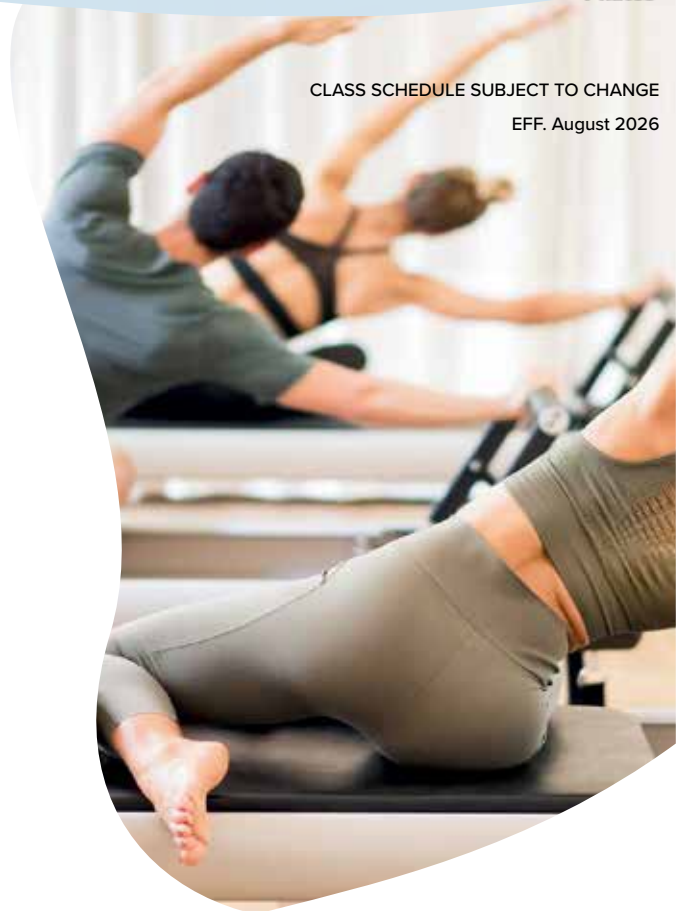
9am Pilates Reformer

SUN

10am Pilates Reformer

CLASS SCHEDULE SUBJECT TO CHANGE

EFF. August 2026



New to Pilates?

INTRO TO REFORMER

If you have no prior Pilates experience please take a 30-minute Intro to Reformer Class.

\$15 for members.

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

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!

\$249
1 month

6 Month Commitment

\$199
per month

Need Your Privacy?

1 PRIVATE SESSION

Franco's
Member

\$70
per session

Non-Member

\$87
per session



JOIN TODAY! | 985.792.0273 | PILATES@MYFRANCOS.COM