

Speaker 1: Mechanical noises and music Are you ready to be amazed at what your Reformer can do for you in just two weeks? In this program you'll find 14 days of body priming workouts aimed at the Pilates trifecta Strength, Stretch and Control. You'll look forward to your daily sessions with our world renowned teachers like celebrity trainers Chris Robinson, Mari Windsor and Alicia Ungaro. All of the workouts are a doable yet challenging intermediate level on classical equipment. If you're looking for workouts on an at home style reformer, check out our Reformer Quick Start program. Are you ready to shine? Click on the button to start this program now.