



# Pilates Core Center

1919 Greentree Rd – Cherry Hill, NJ – 856-985-0900

## GROUP CLASS SCHEDULE – 2026

(updated 10/12/27)

| Monday                                                                       | Tuesday                                                                                     | Wednesday                                                                     | Thursday                                                                                   | Friday                                        | Saturday                                                                                                                                                                                                                           | Sunday                                                                              |
|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                              | 8:30-9:25am<br><b>Chair/Tower Class</b><br>Jess                                             | 8:30-9:25am<br><b>Reformer 2</b><br>Casey<br><i>Also Virtual (Zoom) Class</i> | 8:30-9:25am<br><b>CoreAlign</b><br>Jessica                                                 |                                               | 8:30-9:25 am<br><b>Pilates Mat &amp; More</b><br>Chelsea                                                                                                                                                                           | 8:30-9:25 am<br><b>Reformer 1-2</b><br>Chelsea                                      |
| 9am-9:55 am<br><b>Reformer 1-2</b><br>Deepa                                  | 9am - 9:55am<br><b>Reformer 2 Intermediate</b><br>Casey<br><i>Also Virtual (Zoom) Class</i> |                                                                               |                                                                                            | 9am-9:55 am<br><b>Reformer 1-2</b><br>Chelsea | 9:30-10:25 am<br><b>Reformer 1-2</b><br>Chelsea<br><i>Also Virtual (Zoom) Class</i>                                                                                                                                                | 9:30-10:25 am<br><b>Reformer 1-2</b><br>Chelsea<br><i>Also Virtual (Zoom) Class</i> |
|                                                                              |                                                                                             |                                                                               | 9am-9:55 am<br><b>Reformer 2 Intermediate</b><br>Casey<br><i>Also Virtual (Zoom) Class</i> | 10-10:55am<br><b>CoreAlign</b><br>Chelsea     |                                                                                                                                                                                                                                    |                                                                                     |
| 10-10:55am<br><b>Strong Foundations</b><br>Deepa                             | 10 -10:55am<br><b>CoreAlign</b><br>Jessica                                                  | 10 -10:55am<br><b>Mixed Equipment</b><br>Casey                                | 10 -10:55am<br><b>Reformer 2 Intermediate</b><br>Casey<br><i>Also Virtual (Zoom) Class</i> |                                               |                                                                                                                                                                                                                                    |                                                                                     |
|                                                                              | 10 -10:55am<br><b>Reformer 2 Intermediate</b><br>Casey<br><i>Also Virtual (Zoom) Class</i>  |                                                                               |                                                                                            |                                               |                                                                                                                                                                                                                                    |                                                                                     |
| 5pm-5:55pm<br><b>Reformer 2</b><br>Casey<br><i>Also Virtual (Zoom) Class</i> |                                                                                             |                                                                               | 5pm-5:55pm<br><b>Reformer 1-2</b><br>Deepa                                                 |                                               | <b><i>Thank you in advance for respecting our 24-hour cancellation policy</i></b><br><br><b><i>Check Webscheduler for the current class schedule and studio closings</i></b><br><br><b><i>“*” indicates mat priced classes</i></b> |                                                                                     |
| 6pm-6:55pm<br><b>Pilates Mat Fusion*</b><br>Casey                            |                                                                                             |                                                                               |                                                                                            |                                               |                                                                                                                                                                                                                                    |                                                                                     |