

Perhaps the most renowned of all [Pilates equipment](#) is the Reformer. More than 100 exercises can be performed on this surprisingly versatile fitness apparatus. The key is in the gliding platform on which one can sit, kneel, stand or lie on their front, back or side. The user pushes and pulls off the foot bar using the arms, legs, wrists and ankles to slide back and forth along the rails in a controlled manner while the tension in the springs gently works the muscles

Core control and strengthening will be part of every exercise as you work your way through a different sequence of exercises for the entire body each week. You work against spring resistance on the Reformer, which adds a whole new level of strength training to Pilates.

The springs also provide support for difficult exercises, thereby creating easier variations of mat exercises. This support means you can work muscle groups more deeply and specifically. The Reformer is a very versatile machine, and the variations are endless, so you never get bored.

There are many exercises that incorporate standing on the Reformer and these exercise transfer more directly to your daily activities. Working out on the Reformer will make you strong.

Begin Reformer and Mat Classes this fall to work on mastering form and principles as you realign, strengthen, lengthen, and improve overall body mechanics. Emphasis on abdominals and back muscles leads you to increased core stability and strength, challenging your body with basic foundation movements. Freer movement and postural realignment result.