

# The Pathways to the Reformer Repertoire

Buy all or choose 6 from the following classes. Email your choices to [info@jpilates.co.uk](mailto:info@jpilates.co.uk)

Kneeling Arm Circles  
Horseback  
Knee Stretches  
Front Rowing  
Star  
Long Spine  
Tendon Stretch  
Stomach Massage  
Short Spine  
Semicircle  
Snake  
Swakatee  
Russian Splits  
Back Rowing  
Teaser  
Front Splits  
Balance Controls  
Up Stretch  
Breaststroke  
Tree