

"I love the convenient location and wonderful staff, especially Jawahir and Na'il. I love the sauna and hot tub in the women's locker room."

REFORMER CLASSES

The Reformer is the main piece of equipment used in Pilates training and operates on a series of springs and pulleys. Reformer classes are a specialty group fitness approach to Pilates and are limited to three or four persons. The small size of the groups, and the intense amount of training and skill required by our Pilates staff allow for personal attention and maximum benefits. Classes are offered in a series so that participants may progress together. **NOTE: If you have injuries or medical limitations, we recommend private training sessions to allow the trainer to tailor the workout to your needs.**

Reformer classes have two levels to fit your needs, Essential and Intermediate Reformer.

Essential Reformer requires no previous experience, focuses on principles and beginning exercises, the pace is slower. You may repeat this series as often as you like.

Intermediate Reformer has a pre-requisite of at least one series of Essential Reformer, privates or previous reformer experience. This class is faster paced and includes intermediate level exercises.

Jumpboard is an intermediate level reformer class incorporating the use of the Jumpboard to train plyometrics and adds an aerobic benefit to your Pilates workout. This class has a pre-requisite of at least one series of Essential Reformer, privates or previous reformer experience.

SPRING SESSION 1

**April 5 - May 16 (6 weeks)
Registration Opens: March 24**

SPRING SESSION 2

**May 17 - June 27 (6 weeks)
Registration Opens: March 24**

SESSION COST	
	\$120*

All Non-Members will be charged an additional 20% administration fees for services.

Please see page 43-44 for information on registration and policies.

"I am enjoying myself very much. This is a very good place. Thanks a lot!!!"

REFORMER CLASSES

Pilates Reformer Classes are not included in your membership. These classes are available for an additional cost and require registration.

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Downtown			Essential Reformer 5:00 pm (P) Jumpboard 6:00 pm (P)		
Midtown	Intermediate Reformer 6:00 am (GTS)	Jumpboard 5:30 pm (GTS)	Essential Reformer 12:00 pm (GTS)	Essential Reformer 6:30 pm (GTS)	
Uptown	Intermediate Reformer 6:00 pm (P)	Intermediate Reformer 7:00 am (P)	Intermediate Reformer 5:30 pm (P)	Essential Reformer 10:00 am (P)	Jumpboard 5:30 pm (P)

	LOCATION	SATURDAY	SUNDAY
WEEKEND	Midtown	Jumpboard 10:00 am (GTS)	
		Essential Reformer 3:00 pm (GTS)	
	Uptown	Essential Reformer 11:00 am (P)	Jumpboard 1:00 pm (P)

Location: (P) = Pilates Studio, (GTS) = Group Training Studio

