

Pilates Reformer

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.			Jump Board Training		Jump Board Training
8:30 a.m.					Pilates Reformer Intermediate
9:30 a.m.					Pilates Reformer Intermediate
10:00 a.m.		Pilates Reformer Intermediate		Pilates Reformer Intermediate	
11:00 a.m.		Pilates Reformer Fundamentals		Pilates Reformer Fundamentals	
12:00 p.m.		Pilates Reformer Intermediate	Pilates Reformer Intermediate	Pilates Reformer Intermediate	
12:30 p.m.	Jump Board Training				
1:00 p.m.	Pilates Reformer Intermediate				
3:00 p.m.		Pilates Reformer Intermediate			
4:30 p.m.					
5:00 p.m.				Jump Board Training	
5:30 p.m.		Jump Board Training	Pilates Reformer Intermediate	Pilates Reformer All Levels	
6:00 p.m.		Pilates Reformer Intermediate			

Pilates Reformer

The Pilates reformer is a versatile, user friendly apparatus used to strengthen and stretch the body and improve coordination. This system of over 500 controlled exercises offers a balanced blend of training that creates long, lean muscles without bulking up, improves posture and reduces stress. Classes are 55 minutes in length.

Class Fees

- Private sessions are available at personal training rates.
- The Fundamentals and Intermediate classes are \$10 per class or \$60 for eight classes.
- Jump Board classes are \$7 per class or \$40 for eight classes.

Reservations for Sessions

Private sessions can be purchased at the front desk. At the time of purchase, the front desk personnel will give your name and phone number to the instructor of your choice, and the instructor will call you to schedule your appointments.

Class reservations can be made at the front desk at the time of purchase on a first come/first serve basis. Your name will be written in a Pilates class reservation book to reserve your space in the classes of your choice.

Class Descriptions

One-on-One Private Sessions: Work one-on-one with a reformer specialist who will design a personal program to meet your needs and goals.

Fundamentals Class: Learn basic philosophy and techniques of the reformer and over 30 movements. Individuals should attend a minimum of four fundamental classes before moving to the intermediate level class.

Intermediate Class: A second tier of coordinated movements and greater resistance are added to what is taught in fundamentals, making this a more challenging class.

Jump Board Training: A fun cardio-based class that targets the core and hips. Jump Board training is 25 minutes in length. Previous experience on the Reformer is recommended.

Reformer All Levels: Basic Pilates techniques are reviewed. Students are presented the option of going a beginner or an intermediate of each exercise, working at their level.

Cancellation Policy

Per the policy of the Institute for Healthy Living, private sessions and reformer classes require a cancellation eight hours in advance to prevent the client from being charged for the class.

