



# PILATES CLASS SCHEDULE

## SEPTEMBER 2018

### Monday

**No  
CLASS**

### Tuesday

**10 A.M.  
MIXED LEVEL  
REFORMER  
(Ginny)**

### Wednesday

**5 P.M.  
MIXED LEVEL  
REFORMER  
(Ginny)**

### Thursday

**10 A.M.  
MIXED LEVEL  
REFORMER  
(Ginny)**

### Saturday

**8:30 A.M.  
MIXED LEVEL  
REFORMER  
(Ginny)**

ALL BEGINNERS HAVING NEVER TAKEN A PILATES CLASS MUST SCHEDULE AT LEAST 1-2 PRIVATE SESSIONS BEFORE ENTERING A CLASS, PLEASE CALL THE FRONT DESK AT 273-7707 TO SCHEDULE.

IN ORDER TO ENSURE YOUR SAFETY, THE SAFETY OF OTHERS AND THE FLOW OF THE CLASS, PARTICIPANTS ARE REQUIRED TO HAVE PRIOR PILATES EXPERIENCE OR TO COMPLETE AN INTRODUCTORY SESSION BEFORE ENROLLING IN PILATES CLASSES. SEE BACK FOR MORE INFORMATION.

ALL CLASS RESERVATIONS ARE TAKEN OR CANCELLED BY FRONT DESK STAFF ONLY.  
INTRO SERIES CLASS INFORMATION AVAILABLE AT THE GYM DESK.

## Class Descriptions

- Mixed Level Reformer -** This class is a mat/reformer class for all levels. This class is also suitable for kid's ages 11 and up, while accompanied by their parent.
- Combo Apparatus Circuit -** Pilates apparatus includes reformer, jumpboard, chair, cadillac/trapeze done in rotation or circuit type of class. Challenging for all levels. Some Pilates experience highly recommended.

## Class Fees

**Mixed Level Reformer Series:** \$ 25 per class, per person

**Combo Apparatus Circuit:** \$ 25 per class, per person

**All classes require a reservation. Reservations may be made by calling The Gym Desk at 273-7707.  
Cancellations must be made at least 24 hours to avoid a fee.**

## Pilates – Personal Training

Pilates Personal Training is offered for those students who prefer to choose their own trainer and their own schedule. Whether you work on an individual basis with your trainer, or have one or two of your friends join in, you will enjoy a customized program that is designed to meet your specific fitness goals!

\$65 per student/per hour; \$50 per student/per 45 Min; \$35 per student/per 30 Min (1:1 Instructor:Student ratio)  
\$45 per student/per hour (1:2 Instructor:Student ratio)  
\$40 per student/per hour (1:3 Instructor:Student ratio)

**If you are interested in Pilates Personal Training or Introductory Sessions,  
please call the Gym at 273-7707.**