Pilates Reformer Schedule
Whitaker Wellness Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Multilevel 9:00 am Cheryl	**Multilevel** 11:30 am Bobbie Lee	**Multilevel** Melanie 10:30 am	**Multilevel** 9:00 am Cheryl	**Multilevel** **11:30 am** Bobbie Lee	**Multilevel** Tammy 9:30 am	
Multilevel 10:00 am Cheryl			**Multilevel** 10:00 am Cheryl		**Multilevel** Tammy 10:30 am	
NEW! **Injury rehab** **11:00am Cheryl**			**Multilevel** **11:30 am** *Bobbie Lee*			
		Multilevel **4:30 pm** **Tammy**				
					4-Session Packages **$25 per session** No Expiration Date! Non-Member - $35/ Session Introductory - $50/ Session Single Session - $35/Sessions Private Sessions available Contact Bobbie Lee for more information at 239-624-6870 ext 46895 *New Classes Added As Needed* **10/01/2015**	

NCH Healthcare System
Wellness Center

www.NCHmd.org/Wellness

Class Descriptions

Introduction classes are mandatory for anyone who has never taken reformer previously, Or for anyone who has only had a few classes or (has not taken reformer classes within the last year) (One hour)

Free Demo Classes –A 30 minute demonstration to get a feel for Pilates, as done on the apparatus.
(One Free Class Per Person) offered seasonally

Level 1 – A class to teach you the fundamentals of movement in relation to the Pilates Method on the apparatus.

Level Two (Intermediate) – This class will continue to build on your fundamentals by teaching more difficult movements as you strengthen the core.

Level Three (Advanced) – After you achieve the fundamentals and strength in the core, this class will continue to challenge you with advanced work.

Multilevel - is a class structured to incorporate various fitness levels

Reformer classes will incorporate use of Reformer & towers,
All classes must be paid for in advance
**Class registration is on a first come first serve basis*
**Classes can be booked three months in advance*
**See the front desk for more details*
**** No call no shows will be charged for the session***
****you must cancel at least 24 hours prior to the session***

For more information concerning Pilates Reformer or group fitness please contact
Bobbie Lee Davenport -Group Fitness Coordinator
239.596.9200 ext.122 email: bobbielee.davenport @nchmd.org