

NCH BRIGGS PILATES REFORMER

PILATES REFORMER SCHEDULE DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Beginner 8:00 a.m. Wendy	Beginner 8:30 a.m. Kathy		Beginner 8:30 a.m. Meghan	*Introductory Class other times by appt. Introductory Class is a prerequisite for anyone new to reformer at NCH Wellness.	
	Advanced 9:00 a.m. Wendy	Intermediate 9:30 a.m. Meghan	Beginner 9:00 a.m. Wendy	Intermediate 9:30 a.m. Meghan		
Beginner 11:00 a.m. Wendy		Intermediate 10:30 a.m. Meghan	Advanced 10:00 a.m. Wendy			
Intermediate 12:30 p.m. Wendy	*Introductory Class 1:30 p.m. Wendy	*Introductory Class 11:30 a.m. Meghan	Beginner 2:00 p.m. Meghan	Intermediate 10:30 a.m. Meghan		
Beginner 1:30 p.m. Kathy	Intermediate 2:30 p.m. Wendy		Intermediate 3:00 p.m. Meghan			
*Introductory Class 2:30 p.m. Kathy						



Wellness & Fitness Centers

Member - \$35/Session* or \$130 package of 4 group classes

Non-Member - \$50/Session or \$180 package of 4 group classes

Member Private Sessions- \$80/session or \$280 package of 4 private classes

Non Member Private Session-\$90/session or \$320 package of 4 private classes

Introductory Session- \$35

**For convenience, you may purchase a package of 4 sessions up front*

***Memberships must be active to utilize & purchase pkg sessions at member rate.**

For additional information, please call 239-624-2750 or email Jennifer.Ray@nchmd.org

Visit us at: www.nchmd.org/wellness Like us on www.facebook.com/nchwellness

PILATES REFORMER

Pilates Reformer Descriptions

Pilates Reformer	With positive, professional guidance and instruction, you will lengthen and strengthen your body for improved core stability, poised posture, and better overall well-being. The reformer can aid the body on its path to health while you work towards efficient movement patterns, and it can provide resistance to build strong muscles and bones. The Wellness Centers offer classes which include use of the Reformer, Chairs and Tower apparatus.
Introductory Class	The Pilates reformer introductory class is a pre-requisite for anyone new to reformer at NCH Wellness. The instructor will spend some time getting to know you and to understand your goals. You will be introduced to a sample of various exercises using all available equipment including the reformer – springs, straps, pulleys, and rolling platform. The fundamental building blocks of the exercises will be explained so you feel confident, comfortable and excited about moving to the next level. Please wear socks.
Beginner Level	A beginner class that includes specific exercises dependent on the participant's skill level. The focus will be on core stability, pelvic and shoulder girdle stabilization, neutral spinal alignment and breathing. An introductory lesson is required before taking this class. Please wear socks.
Intermediate Level	An intermediate class that includes specific exercises dependent on the participant's skill level. The focus will be on core stability, pelvic and shoulder girdle stabilization, neutral spinal alignment and breathing. An introductory lesson is required before taking this class. Please wear socks.
Advanced Level	An advanced class that includes specific progressive exercises. A full understanding of the equipment is required before taking this class. The goal of each class is to create optimal musculoskeletal performance and strength, flexibility and endurance. Due to the advanced level of skills required, one of our certified instructors must first clear clients before taking this class. Please wear socks.



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