

# NCH WHITAKER PILATES REFORMER

## OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Intermediate</b> 9:00 a.m. Wendy</p> <p><b>*Introductory Class other times by appt.</b></p> <p><b>Introductory Class is a prerequisite for anyone new to Reformer at NCH Wellness.</b></p>  <p>Wellness &amp; Fitness Centers</p>	<p><b>All Levels Reformer</b> 10:30 a.m. Loren</p> <p><b>Intermediate</b> 11:30 a.m. Loren</p> <p><b>All Levels Reformer</b> 5:00 p.m. Loren</p>	<p><b>Intermediate</b> 1:30 p.m. Wendy</p> <p><b>All Levels Reformer</b> *starts 10/19 4:30 p.m. Kathy</p>	<p><b>Beginner</b> 10:30 a.m. Wendy</p>	<p><b>All Levels Reformer</b> 8:00 a.m. Loren</p> <p><b>Intermediate</b> 10:30 a.m. Loren</p>	<p><b>Intermediate</b> *starts 10/22 8:30 a.m. Kathy</p> <p><b>All Levels Reformer</b> 9:45 a.m. Loren</p> <p><b>*Introductory Class</b> 10:45 a.m. Loren</p>	

Socks must be worn during Pilates Reformer Classes.

Please do not wear scented oils or perfume to Pilates



**Member - \$35/Session\* or \$130 pkg of 4 group classes or \$300 pkg of 10 group classes**

**Non-Member - \$50/Session or \$180 pkg of 4 group classes or \$430 pkg of 10 group classes**

**Member Private Sessions- \$80/session or \$280 pkg of 4 private classes or \$650 pkg of 10 private classes**

**Non Member Private Session-\$90/session or \$320 pkg of 4 private classes or \$750 pkg of 10 private classes**

**Introductory Session- \$35**

*\*For convenience, you may purchase a package of 4 sessions or 10 sessions up front*

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

For additional information, please call 239-624-6870 or email Jennifer.Ray@nchmd.org

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# PILATES REFORMER

## Pilates Reformer Descriptions

<b>Pilates Reformer</b>	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.
<b>Introductory Class</b>	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.
<b>Beginner Level</b>	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.
<b>Intermediate Level</b>	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.
<b>Advanced Level</b>	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.



Wellness & Fitness Centers