



NCH WHITAKER PILATES REFORMER

Summer Schedule 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Intermediate 9:00 a.m. Wendy</p> <p><i>*Introductory Class is a prerequisite for anyone new to Reformer at NCH Wellness, and can only be taken once.</i></p>  <p>Wellness & Fitness Centers</p>		<p>Intermediate 9:00 a.m. Wendy</p> <p>*You must have a credit card on file to book classes. Booking online requires advance purchase of packages to cover scheduled classes. Use QR code to schedule online.</p>	<p>Beginner 10:30 a.m. Wendy</p>	<p>All Levels Reformer 8:00 a.m. Rose</p> <p>Intermediate 11:00 a.m. Rose</p>		

Socks must be worn during Pilates Reformer Classes.

Please do not wear scented oils or perfume to Pilates



SCAN ME

Member - \$40/Session* or \$140 pkg of 4 group classes or \$325 pkg of 10 group classes

Non-Member - \$55/Session or \$200 pkg of 4 group classes or \$450 pkg of 10 group classes

Member Private Sessions- \$85/session or \$300 pkg of 4 private classes or \$700 pkg of 10 private classes

Non Member Private Session-\$95/session or \$340 pkg of 4 private classes or \$800 pkg of 10 private classes

Introductory Session- \$40

**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 Melissa.wilson@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.



Wellness & Fitness Centers