

NCH

WHITAKER PILATES REFORMER

2330 Immokalee Rd. Naples, FL

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



FALL

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Intermediate 9:00am WENDY	All Levels 9:00am WAKA *10/1	Intermediate 9:00am WENDY	Beginner 10:30am WENDY		All Levels 9:00am KRISTI	
	Introductory 10:00am WAKA *10/1			Beginner 9:00am ROSE	Introductory 11:00am YURY	
				Intermediate 10:00am ROSE	Power 12:00pm YURY	
	All Levels 5:30pm KRISTI		All Levels 5:30pm KRISTI			*** Starts
						\$\$ Pricing policies on webpage

View additional classes
& sign up online:



INTRODUCTORY

Your 1st Reformer Pilates class at NCH. We will evaluate your level / goals to suggest appropriate level going forward. The fundamental building blocks will be explained so you feel confident moving to the next level.

BEGINNER

Practice various exercises using springs, straps, pulleys, and rolling platform. Focus on form & breathing.

INTERMEDIATE

A full understanding of reformer equipment is required prior to taking this class. Focus on core stability, pelvic and shoulder girdle stabilization, neutral spinal alignment, and breathing.

ADVANCED

Due to the high level of skills required, instructors must first clear clients prior to taking this class. The goal, to create optimal musculoskeletal performance. Requires strength, flexibility, and endurance.

ALL LEVELS

A mixed group, catered to skill level of participants.

The NCH Wellness Centers offer both group and private Pilates Reformer classes designed to increase your strength and flexibility, improve your posture and back health, and enhance your overall wellbeing. To schedule a private Pilates Reformer session, email us at wellness@nchmd.org. To schedule a group session, visit nchwellness.antaris.us or call:

Briggs

399 9th Street N
Naples, FL 34102
(239) 624-2765

Whitaker

2330 Immokalee Rd,
Naples, FL 34110
(239) 624-6870

Pilates Reformer Pricing

- Memberships must be active to utilize & purchase pkg sessions at member rate.
- Schedule online at: nchwellness.antaris.us
- Packages are non-refundable and non-transferrable
- Must have credit card on file to reserve spot within pilates class

Service	Member	Non-Member
Group Class: Introductory Session (1st class at NCH)	\$40	\$40
Group Class Single Session	\$40	\$55
Group Class, 4-pack	\$140	\$200
Group Class 10-pack	\$325	\$450
Private Class Single Session	\$85	\$95
Private Class 4-pack	\$300	\$340
Private Class, 10-pack	\$700	\$800