

# NCH

**BRIGGS PILATES REFORMER**  
**399 9th St. N, Naples FL 34102**

For additional information, please call 239-624-2750  
 or email [wellness@nchmd.org](mailto:wellness@nchmd.org)



**2025**

REMEMBER TO  
 SCAN THE QR  
 CODE BELOW TO  
 CHECK THE ONLINE  
 SCHEDULE

View additional classes  
 & sign up online:



| MONDAY                                 | TUESDAY                             | WEDNESDAY                             | THURSDAY                               | FRIDAY                                 | SATURDAY                               | SUNDAY  |
|--|-------------------------------------|---------------------------------------|--|--|--|---|
| <b>All Levels</b><br>8:00am<br>ROSE    | <b>Advanced</b><br>9:00am<br>WENDY  | <b>All Levels</b><br>8:30am<br>YURY   | <b>All Levels</b><br>8:00am<br>ROSE    | <b>Intermediate</b><br>10:00am<br>YURY | <b>All Levels</b><br>11:00am<br>ROSE   |   |
| <b>Intermediate</b><br>11:00am<br>ROSE | <b>Beginner</b><br>10:00am<br>WENDY | <b>Beginner</b><br>9:30am<br>YURY     | <b>Intermediate</b><br>11:00am<br>ROSE | <b>Beginner</b><br>11:00am<br>YURY     | <b>Intermediate</b><br>12:00pm<br>ROSE |   |
| <b>Introductory</b><br>12:00pm<br>ROSE | <b>All Levels</b><br>3:30pm<br>YURY | <b>All Levels</b><br>10:30am<br>WAKA  | <b>All Levels</b><br>12:00pm<br>ROSE   |  |  |   |
| <b>Beginner</b><br>4:00pm<br>ROSE      | <b>Beginner</b><br>5:30pm<br>YURY   | <b>Beginner</b><br>4:00pm<br>ROSE     |  |  |  |   |
| <b>All Levels</b><br>5:00pm<br>ROSE    |                                     | <b>Intermediate</b><br>5:00pm<br>ROSE |  |  |  | <b>\$\$ Pricing /<br/>policies on<br/>webpage</b> |

## OUR LEVELS

### 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](mailto:wellness@nchmd.org). To schedule a group session, visit [nchwellness.antaris.us](http://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](http://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      |