

NCH

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

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



2025
FALL

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 |
|--|-------------------------------------|---------------------------------------|---|--|--------------------------------------|---|
| All Levels 8:00am ROSE | Advanced 9:00am WENDY | All Levels 8:30am YURY | All Levels 8:00am ROSE | Intermediate 10:00am YURY | All Levels 11:00am ROSE | |
| Intermediate 11:00am ROSE | Beginner 10:00am WENDY | Beginner 9:30am YURY | Intermediate 11:00am ROSE | | | |
| | All Levels 3:30pm YURY | All Levels 10:30am WAKA | Introductory 12:00pm ROSE | | | |
| Introductory 4:00pm ROSE | Beginner 5:30pm YURY | | Introductory 4:30pm NATHALIE | | | |
| All Levels 5:00pm ROSE | | Intermediate 5:00pm ROSE | | | | \$\$ Pricing / policies on webpage |

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

BEGINNER

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

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

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

Whitaker

2330 Immokalee Rd,
Naples, FL 34110

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 |