

NCH

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

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



**NOV/
 DEC
 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
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		All Levels 5:30pm 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
(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