



Pilates Schedule

Winter #2 (Feb 5th - March 31st, 2024)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30 am (45) PILATES MAT CLASS Sarah (Studio B)		9:00 am (45) PILATES MAT CLASS Mary (Studio B)			
	9:30 am (55) LEVEL 1.5 FULL STUDIO Sarah	9:30 am (55) LEVEL 1 REFORMER Sarah		9:30 am (55) LEVEL 1 REFORMER Mary		9:30 am (55) LEVEL 2 FULL STUDIO Mary
	10:30 am (55) LEVEL 1.5 FULL STUDIO Sarah		10:45 am (55) LEVEL 2 FULL STUDIO Tamie			10:30 am (55) LEVEL 1 FULL STUDIO Mary
					12:00 pm (55) LEVEL 1.5 REFORMER Mary	
1:00 pm (55) LEVEL 2 FULL STUDIO Joan		4:00 pm (55) LEVEL 1 REFORMER Dagmar			1:15 pm (45) DEMO Class See flyer for dates	
5:30 pm (55) LEVEL 1 REFORMER Tamie						

Class Descriptions

PILATES MAT CLASS Enhanced STOTT PILATES mat that uses props including balls and bands, for the development of a strong, abdominals and back.

What is Reformer Pilates? Reformer Pilates combines the traditional principles and movement of mat Pilates with a Reformer machine. You develop a strong core by supporting and strengthening the muscles of your torso, hips, shoulders and pelvis. It gives you a full-body workout which improves power, strength, flexibility and efficiency.

DEMO Classes Interested in trying out a Reformer class? Contact Mary Keen @ mkeen@lifebridgehealth.org to reserve a spot

LEVEL 1/LEVEL 1.5 LEVEL 2/LEVEL 2.5 LEVEL 3 Three levels of Reformer & Full Studio classes

Speciality Classes on the Reformer (see flyer for details)

MENS ONLY CLASS	Men's only Reformer Class - all levels welcome
ATHLETIC CONDT.	Improve strength, power, and agility with exercises that challenge unilateral movement, weight transference and core stability.
ZEN-GA	A unique mind-body modality that fuses elements of Pilates, yoga, martial arts and meditation into a series of flowing movements that emphasize the breath and strengthen both body and mind. Instructor <u>Pre-approval needed.</u>
Reformer JUMP BOARD	The Jumpboard is a Pilates Reformer accessory that is often used for plyometric training as it mimics the hard surface of the floor. The wide platform and firm padded jumping surface allows for biomechanically sound foot placement for both plyometric and aerobic exercise with very low impact to joints and body.
Flexion Free Reformer	This class is for individuals with Osteoporosis, Spinal Conditions, Disc Injuries, Abdominal hernias, Post-partum Moms who need to limit spinal flexion.

Pilates Private Sessions

30 Min

Members

1 pack \$52.50
5 pack \$250 (\$50 per class)
10 pack \$475 (\$47.50 per class)

Non-Members

1 pack \$57.50
5 pack \$275 (\$55 per class)
10 pack \$525 (\$52.50 per class)

45 min

Members

1 pack \$73
5 pack \$350 (\$70 per class)
10 pack \$670 (\$67 per class)

Non-Members

1 pack \$80
5 pack \$385 (\$77 per class)
10 pack \$740 (\$74 per class)

60 min

Members

1 pack \$90
5 pack \$425 (\$85 per class)
10 pack \$800 (\$80 per class)

Non-Members

1 pack \$100
5 pack \$475 (\$95 per class)
10 pack \$900 (\$90 per class)

Duet Lessons - 60 min

Members

1 pack \$73
5 pack \$340 (\$68 per class)
10 pack \$630 (\$63 per class)

Non-members

1 pack \$83
5 pack \$390 (\$78 per class)
10 pack \$730 (\$73 per class)

PILATES STUDIO POLICIES

- \$320 for the 8-week session or \$40 per class Members
- \$400 for the 8-week session \$50 per class Non-Members
- Missed classes can be made up on a first-come, first-serve basis
- Students enrolled in full sessions may roll over any make-ups into their next enrolled session.
- Students who prorate a class must complete any make-ups in their current session.
- Grippy socks are required for all studio classes
- Management reserves the right to cancel or reschedule classes as needed
- Contact Mary Keen mkeen@lifebridgehealth.org to enroll