



Pilates Schedule

SUMMER (May 28 - July 21, 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 Mel	9:30 am (55) LEVEL 1.5 REFORMER Mary		
	10:30 am (55) LEVEL 1.5 FULL STUDIO Sarah		10:30 am (55) LEVEL 2 FULL STUDIO Tamie		10:30 AM REFORMER STRETCHING Mary	
	12:00 noon PELVIC FLOOR REFORMER Mary				12:00 pm (55) LEVEL 1.5 REFORMER Mary	
1:00 pm (55) LEVEL 2.5 FULL STUDIO Joan						
			5:30 PM LEVEL 1 REFORMER Tamie NEW CLASS			

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

Speciality Studio Classes

Pelvic Floor Reformer Support the health of your Pelvic Floor in this beginning level whole body Pelvic Floor Reformer class.

Full Body Stretch on the Reformer This is a full body Stretching workout on the Reformer. Start with your feet, then work up through the muscle groups of the legs, and then onto the spine to move and stretch through all ranges of motion

4-Week Speciality Programs in JUNE

Pilates for Golf Why is Pilates ideal for the Golfer? Improves Core Strength | Flexibility | Balance & Stability | Shoulder Flexibility | Injury Prevention and more.

Pilates Chair Classes Chair Pilates tones the entire body from head to toe and improves balance by challenging the muscles with bodyweight, coordination, and spring resistance. The chair is an excellent piece of equipment for both seated and standing work. The chair can be a challenging piece of equipment for novices due to its demand for balance and coordination.

Reformer Jump Board The Jump board is a padded plate that replaces the foot bar on the reformer. It creates a soft platform with some give, which can be used to "jump" against spring resistance while laying down. The jump board is a great non-weight bearing method to increase heart rate.

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