



Pilates Schedule

WINTER #2 (Jan 13 - March 9, 2025)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM (55)	9:00 AM (45)	8:30 AM (55)	9:00 AM (45)			
LEVEL 1 REFORMER	PILATES MAT CLASS	LEVEL 1 REFORMER	PILATES MAT CLASS			
Sonja	Sonja (Studio B)	Sonja	Mary (Studio B)			
	9:30 AM (55)		9:30 AM (55)	9:30 AM (55)	9:30 AM (55)	
	LEVEL 2 FULL STUDIO		LEVEL 1.5 REFORMER	LEVEL 1.5 REFORMER	LEVEL 1 REFORMER	
	Sarah		Mel	Mary	Mary	
12 noon (55)	10:30 AM (55)		10:30 AM (55)		10:30 AM (55)	
LEVEL 1 REFORMER	LEVEL 1.5 FULL STUDIO		LEVEL 2 FULL STUDIO		LEVEL 1.5 REFORMER	
Mel	Sarah		Tamie		Mary	
1:00 PM (55)				12:00 PM (55)	12:00 PM (55)	
LEVEL 2.5 FULL STUDIO				LEVEL 1 REFORMER	LEVEL 2 FULL STUDIO	
Joan				Mary	Mary	
5:30 PM (55)		6:00 pm (55)				
LEVEL 1.5 FULL STUDIO		LEVEL 1 REFORMER				
Tamie		Joan				
6:30 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

Private Pilates Sessions

One-on-one instruction has emerged as a powerful tool for achieving personalized fitness results. This is particularly true for the practice of Pilates—a exercise method that emphasizes core strength, flexibility, and mindful movement.

- 1. Customized Approach to Your Goals:** Private Pilates sessions ensure that every exercise is chosen with your objectives in mind. Your journey is entirely your own.
- 2. Personalized Attention and Feedback:** Undivided attention from your instructor will maximize the benefits of each exercise and also reduces the risk of injury.
- 3. Progress at Your Own Pace:** No pressure to keep up with a group or rush through exercises. We will tailor the session to your current fitness level, gradually increasing intensity and complexity as you progress.
- 4. Flexible Scheduling and Convenience:** Private Pilates sessions offer the flexibility to schedule sessions at times that work with your availability.
- 5. Tailored Modifications and Variations:** Everyone's body is unique. Private sessions allow us to tailor modifications and variations specifically for you.

If you are a member who is **NEW** to Private Pilates @LBHF, your first 30-minute lesson is complimentary.