

# Pilates Defined

## Class Descriptions

**BEGINNER/INTERMEDIATE/ADVANCED REFORMER:** Most classes are taught in the “Classical” style of Pilates. Joseph Pilates created all the equipment to act as additional muscles to aid the body on it’s path to complete health and core strength. The Reformer accesses the weak or elusive areas of your body to uniformly create alignment, muscular balance, and aerobic, flowing movement.

**COMBO CHAIR/REFORMER/POLE/WALL UNIT:** This class will utilize a combination of the apparatus available. Reformers, chairs, spine correctors and Pole/Wall Units may be used during class.

**EXPLORE PILATES:** This class will take you from beginner to intermediate exercises in the Classical Style of Pilates.

**GYROKINESIS:** Mobilize your body w/ series of arching, curling, bending, twisting and spiraling movements. Encompasses not only sitting, but also laying and standing positions.

**GYROTONIC®:** An exercise modality that guides users to simultaneously stretch and strengthen muscles and tendons while also articulating and mobilizing the joints.

**JUMP & PUMP:** This lunch-time interval class is designed for athletic participants looking to challenge their core and get fit. The class will involve cardio along with conditioning and sculpting while utilizing the Pilates Apparatus.

**PILATES SCULPT:** Define the entire body. You will work on shoulders, biceps, quads, calves, glutes and core muscles. Also stretch and tone for overall fitness.

**REFORMER:** For the student who is looking for an alternative to weight lifting. The Reformer spring tension will aid in creating long, lean muscles. This class will help engage and access all muscle groups to uniformly improve alignment, resulting in increased muscle performance, better coordination, and superior balance.

**SPECIALTY FLOOR CLASSES:** Unique classes that capitalize on our instructor’s extensive training backgrounds and certifications to provide a powerful movement experience without use of traditional Pilates equipment. Classes include Foam Roller, GYROKINESIS®, and Awareness Through Movement®.

**THREE INTRODUCTORY PRIVATE SESSIONS:** A one-time offer for the new Pilates student to be introduced to Pilates and prepare for classes or continue with private lessons.

	Single Session	5 Sessions	10 Sessions	20 Sessions
<b>Expiration Dates</b>	30 Days	90 Days	120 Days	180 Days
<b>Group</b>				
Member	\$25	\$110	\$200	\$380
Non-Member	\$35	\$140	\$240	\$420
<b>Duo</b>				
Member	\$40 per person	\$190 per person	\$340 per person	
Non-Member	\$45 per person	\$200 per person	\$360 per person	
<b>Trio</b>				
Member	\$30 per person	\$140 per person	\$250 per person	
Non-Member	\$33 per person	\$150 per person	\$280 per person	
<b>Private</b>				
Member	\$70	\$325	\$600	
Non-Member	\$75	\$340	\$650	
<b>Specialty Floor</b>				
Member	\$18		\$150	
Non-Member	\$20		\$160	

\*A one time introductory package of 3 Private Lessons is available to the new Pilates student only.

**Member: \$170 Non-Member: \$180**