

## Pilates Reformer Group Class Description

<b>BEGINNER</b>	<p>This class is for the absolute beginner. Focusing on proper form and supportive resistance to achieve alignment. Through guided instruction you will be introduced to the Pilates principles of centering, concentration, control, precision, breath, and flow.</p> <p style="text-align: center;"><i>We ask that all members take a private session with an Instructor before taking a Group class.</i></p>
<b>BEGINNER/ INTERMEDIATE</b>	<p>The combo class is a great way for those still newer to Pilates but looking to progress, learn new moves, and perfect techniques. This class provides a full body workout and will help to teach the movements and cues to progress to an Intermediate level class.</p>
<b>INTERMEDIATE</b>	<p>This class is for participants who are familiar with the beginner or beginner/intermediate repertoire. This full body workout will continue to use the Pilates principles using more coordination and choreography to enhance the mind body connection. Flow is a main focus in the Intermediate level using transitions as part of the work.</p>
<b>INTERMEDIATE/ ADVANCE</b>	<p>This class is for the experienced participant who is injury free. The full repertoire of the Intermediate/Advance work includes standing and kneeling work, body weight resistance with added focus on balance within resistance, and jumpboard work! A great challenge and progression for those who attend Intermediate classes regularly.</p> <p style="text-align: center;"><i>We ask members take a Beginner/Intermediate classes before graduating to any Advanced Level class</i></p>
<b>ADVANCE</b>	<p>Get ready to break a sweat and push yourself to the next level in this advanced Pilates class! Incorporating strength, cardio, and flexibility for the ultimate workout which will leave you coming back for more!</p> <p><i>Due to the intensity of this class, students must be able to hold a curl, complete push up, planks, inversions and use the jumpboard. Students must have either 1 year of consistent pilates training or permission of the Instructor PRIOR to attending this class. Minimal modification can be made.</i></p>
<b>TOWER</b>	<p>Take your Pilates practice to the next level with a Tower Class. Blending Pilates Mat Work with the Tower's system of springs and bars encourages proper stabilization and alignment, while also providing resistance for all over strengthening. <b>This class is ideal for Pilates students of all levels who want to deepen their practice and refine their form.</b></p>
<b>STRETCH &amp; RELEASE</b>	<p>This is a gentle, slower paced reformer class. Ideal for people who want to work out mindfully and develop flexibility. This class is perfect to start your day having your muscles loosened and ready to go. Suitable for people with certain limitations.</p>
Single Class	\$35
Package of 5	\$150 (\$30/class) <span style="float: right;">Cancellations must be made 24 hours prior</span>
Package of 10	\$280 (\$28/class) <span style="float: right;">to the class start time to avoid a \$15 fee</span>
Package of 20	\$480 (\$24/class)
<b>FIRST TIME SPECIAL</b>	3 Group classes for \$85 ( <i>one time use to those new to Pilates</i> )

### Group Reformer Instructors

**CAROL IRVING**  
Certified Pilates  
Method Alliance  
Instructor

**DENA  
RASMUSSEN**  
Certified Balanced  
Body Instructor

**ROCIO SABOGAL**  
Certified IM=X  
Instructor

Reformer Advanced Pilate  
Mix

The Pilates Mixed class utilizes a variety of equipment from the Reformer to the Tower to the Pilates Ring and resistance bands. While the class remains true to the Pilates Method, it also offers an innovative and contemporary approach to your workout.

Intermediate Full Body Reformer

Pilates class focused on toning and strengthening the core. This  
workout is ideal for all Pilates  
kick your butt and have you  
We suggest that you take c



