

Summer 1st Session

Pilates Reformer Classes

Reformer Basics

This Pilates reformer small group class is ideal for the beginner with a desire to gain posture awareness using perfect alignment to strengthen and sculpt the body while maximizing the core.

Code	Day	Date	Time	M/RNM/NRNM Fee
111410-01	Sun	June 17 - July 22	9:30 - 10:30 am	\$132/\$165/\$172
111410-03	Thu	June 21 - July 26	10:35 - 11:35 am	\$132/\$165/\$172
111410-05	Fri	June 22 - July 27	10:35 - 11:35 am	\$132/\$165/\$172

Instructor: Jenay Gordon

Group Pilates Training

Group Pilates Training goes beyond the basics and allows each participant to explore all exercise variations and equipment in the studio. Previous experience with Pilates Reformer training is recommended, but not required. The instructor may recommend an introductory private training session or basic group training classes in order to continue with the group. **No class on July 4.**

Code	Day	Date	Time	M/RNM/NRNM Fee
111411-01	Sun	June 17 - July 22	8:30 - 9:30 am	\$132/\$165/\$172
Instructor: Jenay Gordon				
111411-03	Mon	June 18 - July 23	9 - 10 am	\$132/\$165/\$172
Instructor: Adi Peleg				
111411-05	Mon	June 18 - July 23	7:30 - 8:30 pm	\$132/\$165/\$172
Instructor: Jenay Gordon				
111411-07	Tues	June 19 - July 24	5:15 - 6:15 pm	\$132/\$165/\$172
Instructor: Adi Peleg				
111411-09	Tues	June 19 - July 24	7 - 8 pm	\$132/\$165/\$172
Instructor: Jenay Gordon				
111411-11	Thu	June 21 - July 26	9:30 - 10:30 am	\$132/\$165/\$172
Instructor: Jenay Gordon				
111411-13	Sat	June 23 - July 28	9 - 10 am	\$132/\$165/\$172
Instructor: Melinda Waddle				

Pilates MES

This Pilates MES (Medical Exercise Specialist) class is designed for the post-rehabilitative client recovering from cardiovascular, pulmonary, metabolic and musculoskeletal medical conditions. The trainer identifies postural imbalance and can implement programs that train the body to overcome, and in many instances, prevent conditions from occurring.

Code	Day	Date	Time	M/RNM/NRNM Fee
111415-01	Wed	June 20 - July 25	9:30 - 10:30 am	\$110/\$143/\$149

Instructor: Debbie Wunderle

Reformer With Circle/Props

The Reformer with Circle/Props class focuses the Pilates training on the reformer, utilizing various props to enhance and challenge the exerciser.

Code	Day	Date	Time	M/RNM/NRNM Fee
111412-09	Thu	June 21 - July 26	6:30 - 7:30 pm	\$132/\$165/\$172

Instructor: Debbie Wunderle