

## 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
411410-02	Sun	May 13 - Jun 10	9:30 - 10:30 am	\$110/\$143/\$149
411410-04	Thu	May 17 - Jun 14	10:35 - 11:35 am	\$110/\$143/\$149
411410-06	Fri	May 18 - Jun 15	10:35 - 11:35 am	\$110/\$143/\$149

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 May 28.**

Code	Day	Date	Time	M/RNM/NRNM Fee
411411-14	Sun	May 13 - Jun 10	8:30 - 9:30 am	\$110/\$143/\$149
411411-16	Mon	May 14 - Jun 11	7:30 - 8:30 am	\$88/\$115/\$120

Instructor: Jenay Gordon

411411-04	Mon	May 14 - Jun 11	9 - 10 am	\$88/\$115/\$120
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Instructor: Yvonne Wendland

411411-18	Tues	May 15 - Jun 12	5:15 - 6:15 pm	\$110/\$143/\$149
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Instructor: Adi Peleg

411411-02	Tues	May 15 - Jun 12	7 - 8 pm	\$110/\$143/\$149
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Instructor: Debbie Wunderle

411411-12	Thu	May 17 - Jun 14	9:30 - 10:30 am	\$110/\$143/\$149
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Instructor: Jenay Gordon

411411-10	Sat	May 19 - Jun 16	9 - 10 am	\$110/\$143/\$149
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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
411415-02	Wed	May 16 - Jun 13	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
411412-08	Thu	May 17 - Jun 14	5:30 - 6:30 pm	\$110/\$143/\$149
411412-10	Thu	May 17 - Jun 14	6:30 - 7:30 pm	\$110/\$143/\$149

Instructor: Debbie Wunderle