

Summer 2nd 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. **No class on September 2.**

Code	Day	Date	Time	M/RNM/NRNM Fee
111410-02	Sun	July 29 - Aug 26	9:30 - 10:30 am	\$110/\$143/\$149
111410-04	Thu	Aug 2 - Sept 6	10:35 - 11:35 am	\$132/\$165/\$172
111410-06	Fri	Aug 3 - Sept 7	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 September 2 and 3.**

Code	Day	Date	Time	M/RNM/NRNM Fee
111411-02	Sun	July 29 - Aug 26	8:30 - 9:30 am	\$110/\$143/\$149

Instructor: Jenay Gordon

111411-04	Mon	July 30 - Aug 27	9 - 10 am	\$110/\$143/\$149
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Instructor: Adi Peleg

111411-06	Mon	July 30 - Aug 27	7:30 - 8:30 pm	\$110/\$143/\$149
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Instructor: Jenay Gordon

111411-08	Tues	July 31 - Sept 4	5:15 - 6:15 pm	\$132/\$165/\$172
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Instructor: Adi Peleg

111411-10	Tues	July 31 - Sept 4	7 - 8 pm	\$132/\$165/\$172
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Instructor: Debbie Wunderle

111411-12	Thu	Aug 2 - Sept 6	9:30 - 10:30 am	\$132/\$165/\$172
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Instructor: Jenay Gordon

111411-14	Sat	Aug 4 - Sept 8	9 - 10 am	\$132/\$165/\$172
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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
111415-02	Wed	Aug 1 - Sept 5	9:30 - 10:30 am	\$132/\$165/\$172

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
111412-10	Thu	Aug 2 - Sept 6	6:30 - 7:30 pm	\$132/\$165/\$172

Instructor: Debbie Wunderle