

PILATES GROUP REFORMER SCHEDULE

Minimum of 3 and Maximum of 6 per class

<i>Trainer</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
<i>Kristi</i>	10:30 - 11am Revved Up 11am - 12pm Rockin' Reformer	9 - 10am Rockin' Reformer	8:15 - 8:45am Revved Up 10:30-11am Realign Reformer 11am - 12pm Rockin' Reformer	9 - 10am Rockin' Reformer	10:00 - 10:30 Realign Reformer 10:30 - 11:00 Realign Reformer 11am - 12pm Rockin' Reformer		
<i>Kelly</i>							8:10 - 9:10am Rookie Reformer 9:15 - 10:15am Rockin' Reformer
<i>Nancy</i>							
<i>Onna</i>		11am - 12pm Revitalizing Reformer		10am - 11am Revitalizing Reformer	9 - 10am Revitalizing Reformer		
<i>Tamara</i>		4:45 - 5:45pm Revitalizing Reformer					

Group Reformer rates:

\$30 per 1 hour group reformer or a series of 5 @ \$28.75(\$143.75), 10 @ \$27.50(\$275.00), or 20 @ \$25.00(\$500.00) for a discounted rate.

\$17.50 per 1/2 hour group reformer or a series of 5 @ \$16.25(\$81.25), 10 @ \$15.00(\$150.00), or 20 @ \$13.75(\$275.00) for a discounted rate.

Sessions that do not meet a minimum of 3 participants may be cancelled.

There is a 24-hour cancellation policy required to not be charged for missed group reformer.

Please see reverse side for descriptions.

Please sign up at the service desk in advance to secure your spot, or phone 707.251.1395 option 2.



Pilates Group Reformer Descriptions

Realign Reformer - Relax and realign your spine whether you have back pain or not!

The focus is on movement which allows spinal mobility through breath, flexion, extension and rotation, unlocking tight muscles and strengthening weak muscles!

A strong core is key to a healthy back which gives you freedom in your spine...ahhhhh!

Revitalizing Reformer - Engage, strengthen and stretch your body from the core out with a full body reformer workout.

Leave feeling revitalized!!

Revved Up Reformer (30 min.) - Rev up your reformer workout in this fun, fast paced core infused session!

You will activate deep pelvic floor muscles which help alleviate back pain, increase range of motion and improve mobility.

Walk away feeling fit, strong and wanting more!

Rockin' Reformer - Energize your body, mind and spirit with this moderately paced total body workout based on the principles of core stability, muscle length, balance and flexibility. Props may be used to create additional resistance, variety and challenge. Rock your core off the floor! Must have prior experience on the reformer.

Rookie Reformer - Get started with this re-vitalizing reformer group geared toward the new student or those who want to get back to basics. Experience the many positive benefits of working on the reformer...improving your golf, tennis, running or skiing, as you learn core stabilization and control. Reformer training also addresses back issues and imbalances by strengthening abdominal muscles and increasing range of motion through proper execution of movements. All levels welcome...young, old, athletic and sedentary!