

pilates reformer

What is Pilates?

For many of us, Pilates burst on the scene out of nowhere over the last decade. The truth is, it has been around for over 70 years. Everyone is doing Pilates: men, women, baby boomers, kids, professional athletes and weekend warriors. A safe, sensible exercise system using a floor mat or equipment, Pilates can dramatically transform the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body. Pilates improves flexibility, agility and economy of motion—preventing injuries and alleviating chronic ailments. No matter your age or condition, Pilates will work for you.

Pilates Fast Facts

- Call Elisa Dely at 387-0410 for proper placement in class.
- Classes are limited in size so you'll get the personal attention you desire
- A minimum number of participants must be registered for the class to run
- If your class does not meet the minimum, you'll be called with alternate days and times
- Payment for class is due at the time of registration
- Classes that do not run due to holidays are automatically prorated.

Prices for 8 week sessions

	Member	Non-member
1 class per week	\$120	\$152
2 classes per week	\$240	\$304
3 classes per week	\$360	\$456

- Drop-ins are available on a limited basis at \$20/hour, with prior approval.
- Private lessons are \$50/hour for members and \$65/hour for non-members.
- Duet lessons are \$35/hour for members and \$45/hour for non-members (prices are per person)

(269) 387-0410 westhillsathletic.com

intelligent exercise, impressive results



Contact Elisa at 387-0414 for more information.

Session Dates

Fall 1: 9/6-10/30/11

Fall 2: 10/31-12/23/11 (off: 11/24-11/27/11)

Free Reformer Demo-

While not required, this first lesson is highly recommended before you start a Pilates Reformer class. You will learn about the basic principles, safety and terminology and try some of the main exercise so that you can feel comfortable coming to your first class.

Appointment is required. Call 387-0414 to set up your Free Demo Appointment.

*Pilates Reformer is a non-refundable program

*Pro-rates are limited to 3 per session and not available after the fact. Please sign up for make up sessions.

If you would like a demonstration call Elisa for an appointment at 387-0414
***Class not offered at a time that works for you?
Gather 3 friends and we will put together a class!***



Pilates Classes / Weekly Schedule

Fall 1: 9/6-10/30/11

Fall 2: 10/31-12/23/11 (off: 11/24-11/27/11)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>7-8 am</u> Intermediate/Toni	<u>6-7 am</u> Intermediate/Toni <u>7-8 am</u> Beginning/Toni	<u>7-8 am</u> Intermediate/Kathy	<u>6-7 am</u> Intermediate/Kathy <u>7-8 am</u> Beginning/Kathy			
<u>8-9 am</u> Multi Level/Kathy	<u>8-9 am</u> Intermediate/ Liz	<u>8-9 am</u> Multi Level/Kathy	<u>8-9 am</u> Intermed/Nancy	<u>8-9 am</u> Intermed/Kathy	<u>9-10 am</u> Intermediate/staff	<u>9:30-10:30 am</u> Intermediate/ Liz
<u>9-10 am</u> Intermedi/Kathy	<u>9-10 am</u> Intermediate/Kathy	<u>9-10 am</u> Intermedi/Kathy	<u>9-10 am</u> Multilevel/Nancy	<u>9-10 am</u> Multi-level/Kathy	<u>10-11am</u> Beginning/staff	<u>10:30-11:30 am</u> Beginning/Liz
<u>10-11am</u> Intermed/Elisa <u>11am-noon</u> Multi level/Kathy	<u>10-11am</u> Beginning/Kathy	<u>10-11am</u> Multi level/Kathy <u>11am-noon</u> Multi level /Kathy	<u>10-11am</u> Intermediate/Nancy	<u>10-11am</u> Intermed/Kathy		<u>11:30-12:30</u> Jumpboard/ Carla
<u>12-1 pm</u> Beginning/Linda <u>1-1:45 pm</u> Seniors/Liz	 <u>4:30-5:30 pm</u> Seniors/Liz	<u>12-1 pm</u> Beginning/Alison <u>1:00-1:45 pm</u> 45-minute Beginning/Alison	 <u>4:30-5:30 pm</u> Multilevel/Jeanette			
<u>5:30-6:30</u> Intermediate/Kathy	<u>5:30-6:30 pm</u> Intermediate/Liz	<u>5:30-6:30</u> Interme- diate/Kathy	<u>5:30-6:30 pm</u> Intermediate/ Jeanette			
<u>6:30-7:30</u> Beginning /Linda	<u>6:30-7:30</u> Cardio Jumpboard Reformer/Liz	<u>6:30-7:30</u> Beginning /Kathy & Linda	<u>6:30-7:30</u> Men's/Liz <u>7:30-8:30</u> Beginning/Liz			

