

MONDAY	
10:30 a- 11:20 a	Group Pilates Equipment
Janice	

TUESDAY	
12:30 p- 1:20 p	Group Pilates Equipment
Janice	
5:30 p- 6:20 p	Group Pilates Equipment
Cindy	

WEDNESDAY	
10:00 a- 10:50 a	Group Pilates Equipment
Wendy	
11:30 a- 12:20 p	Group Pilates Equipment
Janice	

FRIDAY	
10:00 a- 10:50 a	Group Pilates Equipment
Wendy	

SATURDAY	
11:00 a- 11:50 a	Group Pilates Equipment
Janice	

Prices (single session) :

Members: \$25.00

Non Members: \$45.00

Group Pilates Equipment Class

The principle of Pilates is to develop the body and mind uniformly by combining muscle stabilization and concentration with slow, controlled movements. The Group Pilates Equipment class utilizes the Pilates Reformer, Tower and Chair to improve muscular and core strength, range of motion, posture and balance.

Members new to Pilates Equipment classes should complete a minimum of one private session for evaluation.

Group Pilates Equipment — This class is a dynamic workout challenge using a combination of Reformer exercises and Cadillac/Tower exercises with a splash of double spring from top to bottom, Tower and Reformer, to challenge your core and mind body connection. You will feel invigorated and stretched and ready for anything after this class!

For more information:

please contact Fitness Operations Manager, Kristina Wrezel at 847.535.7038 or kwrezel@nm.org. 24 hour cancellation policy does apply.

*A group can form at anytime with 3 or more participants

