

| MONDAY              |  |
|---------------------|--|
| 9:10 a-<br>10:00 a  | Reformer<br>Basics<br><br>Paula              |
| 10:30 a-<br>11:20 a | Pilates<br>Reformer +<br>Equipment<br>Janice |

| TUESDAY            |  |
|--------------------|--|
| 9:00 a-<br>9:50 a  | Pilates<br>Reformer +<br>Equipment<br>Janice |
| 12:30 p-<br>1:20 p | Reformer<br>Basics + Foam<br>Roll<br>Janice  |
| 5:30 p-<br>6:20 p  | Pilates<br>Reformer +<br>Equipment<br>Cindy  |

| WEDNESDAY          |  |
|--------------------|--|
| 9:10 a-<br>10:00 a | Reformer<br>Basics +<br>Foam Roll<br>Paula |

| FRIDAY             |                                |
|--------------------|--------------------------------|
| 9:10 a-<br>10:00 a | Power<br>Reformer<br><br>Paula |

| THURSDAY            |  |
|---------------------|--|
| 10:10 a-<br>11:00 a | Reformer<br>Basics +<br>Foam Roll<br>Paula |
| 2:00 p-<br>2:50 p   | Power<br>Reformer<br><br>Janice            |

| SATURDAY            |  |
|---------------------|--|
| 9:10 a-<br>10:00 a  | Power<br>Reformer<br><br>Paula             |
| 10:10 a-<br>11:00 a | Reformer<br>Basics + Foam<br>Roll<br>Paula |

## 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. Our Group Pilates Equipment classes utilize 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.

### For more information:

please contact Fitness Operations Manager, Kristina Simone at 847.535.7038 or kwrezel@nm.org.



## Class Descriptions

**Reformer Basics** – This introductory class will allow for you to learn and master basic exercises on the reformer to help build lean and flexible muscles, as well as improve coordination, balance and posture.

**Reformer Basics + Foam Roll** – This class will allow for you to master basic Pilates exercises on the reformer to build lean and flexible muscles to improve coordination, balance and posture. Incorporating a foam roller to release those hard to reach areas into your workout routine will aid in the correction of muscle imbalances, reduced soreness and improved tissue recovery.

**Pilates Reformer + Equipment** – This class is a dynamic workout challenge using a combination of Reformer exercises to challenge your core and mind/body connection. You will feel invigorated and stretched and ready for anything after this class!

**Power Reformer** – A fast paced, dynamic class using the reformer to challenge your core and mind/body connection. Students benefit from overall improved level of fitness by focusing on building strength and improving flexibility. Previous Pilates experience is required.

**Prices** (single session) :

**Members:** \$25.00      **Non Members:** \$45.00

\*A group can form at anytime with 3 or more participants. 24 hour cancellation policy does apply.