

MONDAY	
9:30 a- 10:20 a	Reformer Basics Paula

TUESDAY	
9:00 a- 9:50 a	Gentle Pilates Reformer Paula
NEW	
12:30 p- 1:20 p	Reformer + Foam Roll Janice
5:30 p- 6:20 p	Pilates Reformer + Equipment Cindy

WEDNESDAY	
9:30 a- 10:20 a	Reformer + Foam Roll Paula

FRIDAY	
9:30 a- 10:20 a	Advanced Reformer Challenge Paula
NEW	

THURSDAY	
9:00 a- 9:50 a	Gentle Pilates Reformer Paula
NEW	
12:45 p- 1:35 p	Reformer + Foam Roll Janice

SATURDAY	
9:30 a- 10:20 a	Power Reformer 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 – 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.

Gentle Pilates Reformer – This class is geared towards active adults living with Fibromyalgia and Osteopenia. In this low-impact class, you will learn to recruit key muscle groups while minimizing full-body fatigue. We will focus on improving balance, strength and muscle mass, allowing your body to better support your bones made brittle by Osteopenia and to prevent falls. Some components of this class will be performed from the mat.

Reformer + 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 – This class uses 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.

Advanced Pilates Challenge – This fast paced, dynamic class is for experienced Pilates students looking to challenge their physical fitness levels. Every week we will be exploring exercises from the Advanced Reformer repertoire.

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.