

MONDAY	
10:30 a- 11:20 a	Back to Pilates  Janice

TUESDAY	
9:00 a- 9:50 a <b>NEW TIME</b>	Gentle Pilates Reformer  Paula
12:30 p- 1:20 p	Reformer Basics  Janice
5:30 p- 6:20 p	Pilates Reformer + Equipment Cindy

WEDNESDAY	
9:00 a- 9:50 a	Reformer + Foam Roll  Paula

FRIDAY	
9:00 a- 9:50 a	Advanced Reformer Challenge Paula

THURSDAY	
12:45 p- 1:35 p	Pilates Reformer + Equipment Janice

SATURDAY	
9:00 a- 9:50 a <b>NEW TIME</b>	Power Reformer Paula
10:00 a- 10:50 a <b>NEW</b>	Reformer Basics 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 our Group Exercise Manager, Amy Rosales at 847.535.7632 or arosales@nm.org.

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



## Class Descriptions

**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.

**Back to Pilates** – This class will focus on improving movement and flexibility in the back, while building strength in the low back and core muscles.

**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.

**Pilates Reformer + Equipment** – This class is a dynamic workout using a combination of the reformer, chair and much more to challenge your core, develop stamina and improve your mind body connection.

**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.

**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.

**Reformer + Foam Roll** – This class will allow for you to master basic Pilates exercises on the reformer while 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.

### Prices (single session) :

Members: \$25.00

Non Members: \$45.00