

Group Pilates Equipment Schedule

September 4, 2017 - December 10, 2017

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, Cadillac, Tower and Chair to improve muscular and core strength, range of motion posture and balance.

Members new to Pilates Equipment classes should attend Beginner classes or complete a minimum of one private session with an instructor for evaluation.

All Group Equipment classes are 55 minutes in length and are held in the Group Pilates Equipment studio.

- Power Walk & Reformer meets on track.

Monday

10:30-11:25a	Deb	Group Pilates Reformer & Tower
4:00-4:55p	Lorie	Group Pilates Reformer & Tower

Tuesday

10:15-11:10a	Loralee	Group Pilates Reformer & Tower
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Wednesday

10:00-10:55a	Deb	Group Pilates Reformer & Tower
5:30p-6:25p	Werner	Group Pilates Reformer & Tower

Thursday

• 8:30-9:25a	Loralee	Group Power Walk & Reformer
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Friday

9:30-10:25a	Lorie	Group Pilates Reformer & Tower
10:30-11:25a	Deb	Group Pilates Equipment Circuit

Saturday

8:00-8:55a	Michelle	Group Pilates Reformer
9:00a-9:55a	Michelle	Group Pilates Reformer & Tower

Sunday

9:30-10:25a	Michelle	Group Mixed Equipment
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Prices For Group Equipment Sessions:

Members:

1 & 5 session	\$30.00 per session
10 & 15 sessions	\$28.00 per session
25 sessions	\$27.00 per session

Non Members:

single session	\$50.00
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For more information,

Please contact us at 847.535.7000 or Pilates Coordinator: Deb Valenti at 847.535.7117 or dvalenti@nm.org

Call ahead to save your spot!

24-hour cancellation policy / Minimum 2 participants for class to be held.*

*For a single participant a 30 minute private session will be offered at no additional cost in lieu of 60 minute class.



Group Pilates Equipment Classes

Pilates Mixed Equipment Class — This is an instructor's choice class. It is dependent on the students enrolled in the class and the needs of those students. A fun and challenging way to experience all of the equipment, reformer, tower, and chair in the studio while still receiving a full body workout. Props such as Pilates Arc, balls and magic circle may also be utilized in this class.

Pilates Power Walk and Reformer — Change the way you move, feel and look with 50/50 Pilates Power Walk and Reformer! This class will kick start your morning with 25 minutes on the track to improve form, stride and balance. Afterward, you will spend 25 minutes on the Reformer to stretch and lengthen your muscles.

Pilates Reformer — The Pilates Reformer is an exercise machine that utilizes springs, leverage and body weight as resistance to target specific muscle groups. The Reformer is the workhorse of any Pilates equipment class and gives you a total body workout. Controlled, flowing movements work your muscles through a full range of motion. Participants see changes in muscular and core strength, as well as increased endurance, flexibility and reduction in body fat.

Tower — This class will allow you to learn and master the exercises that Joseph Pilates designed for the Trapeze Table, also known as the Cadillac. Through a system of springs and bars, the equipment supports the body to ensure proper stabilization and positioning while providing added resistance to strengthen, tone and lengthen muscles. Build lean and flexible muscles as well as increase coordination, improve posture, and relieve stress.

Pilates Reformer and Tower — 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!

Pilates Equipment Circuit Class — A fast paced class utilizing exercises on the reformer, tower, mat, barrel, as well as a variety of other small props and accessories. Students benefit from overall improved fitness by focusing on building strength, improving flexibility & improving endurance. Previous Pilates experience required.

For more information,

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