

Group Pilates Equipment Schedule

June 18, 2017 - September 3, 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
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
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

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

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 Beginner Reformer and Tower Class — Try a Group Pilates class without any prior experience! This class introduces fundamental exercise techniques to improve flexibility, posture and abdominal strength. You will be introduced to the reformer and the tower as well as small props to enhance your understanding of engaging your core. No experience is necessary. Equipment adjustment and changes are explained and demonstrated throughout the 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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