

CHRISTUS Good Shepherd Institute for Healthy Living

Pilates Reformer Group Classes July 2017

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.		Pilates Reformer Level 1 (55 min) <i>Judy</i>		Pilates Reformer Level 1 (55 min) <i>Judy</i>	
9:00a.m.		Pilates Reformer Level 1 (55 min) <i>Judy</i>		Pilates Reformer Level 2 (55 min) <i>Judy</i>	
12:00 p.m.		Pilates Reformer Level 3 (55 min) <i>Judy</i>		Pilates Reformer Level 3 (55 min) <i>Judy</i>	
4:30 p.m.		Pilates Reformer All Levels (55 min) <i>Judy</i>		Pilates Reformer All Levels (55 min) <i>Judy</i>	

The Pilates reformer is a versatile, user friendly apparatus used to strengthen and stretch the body, tone the core and improve coordination. This system of over 500 controlled exercises offers a balanced blend of training that creates long, lean muscles without bulking up, and improves posture while reducing stress.

Class Fees – All Reformer classes hold a maximum of 6 participants

Private Introductory Sessions:

5 Private Intro \$200.00

Reformer class Fees:

Single (1) class	\$15.00
5 classes	\$55.00
10 classes	\$95.00

Reservations for Sessions

Private and semi-private sessions: Work one-on-one with a Pilates' specialist who will design a personal program to meet your needs and goals. These sessions are purchased at the MSA Desk. At the time of purchase, the MSA personnel will give your contact information to the instructor of your choice, and the instructor will call you to schedule your appointments.

Class reservations are made at the MSA desk at the time of purchase on a first come/first serve basis.

Cancellation Policy

Private sessions and reformer classes require a cancellation of **twenty four hours in advance** to prevent the client from being charged for the session or class. Cancellations can be done in person at the MSA desk, by calling 903-323-6511 or e-mailing Ihealthyliving@gsmc.org.

Class Descriptions

Introduction Sessions (5 Private): These sessions are an introduction to the reformer and the basic principles of Pilates. These are required before registering for the Pilates Reformer classes.

Pilates Reformer Level 1: Essential repertoire of reformer exercises with the addition of props including the jump board, tower and Pilates chair equipment.

Pilates Reformer Level 2: An intermediate reformer workout with the addition of props such as the jump board, tower and Pilates chair equipment.

Power Pilates: Level 3: An advanced, fast-paced class with limited explanation of skills. Again, props such as the jump board, tower and Pilates chair equipment will be used.

All Level class: Combines the essential and intermediate workouts. Class is instructed to the skill level of the participants with any necessary modifications.