Pilates Reformer January 2015

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>8:30 a.m.</td>
<td>Pilates Reformer Level 2 (55 min) Judy</td>
<td>Tower Hour Level 2 (55 min) Judy</td>
<td>Pilates Reformer Level 1 (55 min) Alicia</td>
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<td>9:00 a.m.</td>
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<td>Pilates Reformer Level 2 (55 min) Alicia</td>
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<td>9:30 a.m.</td>
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<td>Pilates Reformer Level 2 (55 min) Paula</td>
<td>Pilates Reformer/Tower/ Jump Board Level 1/2 (55 min) Judy</td>
<td>Pilates Reformer Level 2 (55 min) Paula</td>
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<td>12:00 p.m.</td>
<td>Cardio Core Multi Level (55 Min) Alicia</td>
<td>Power Pilates 2/3 (55 min) Judy</td>
<td>Cardio Core Multi Level (55 Min) Alicia</td>
<td>Power Pilates 2/3 (55 min) Judy</td>
<td>Men's Pilates Reformer (55 min) Judy</td>
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<td>5:30 p.m.</td>
<td>Co-ed Reformer Level 1/2 (55 min) Alicia</td>
<td>Pilates Reformer Level 2 (55 min) Judy</td>
<td>Co-ed Reformer Level 1/2 (55 min) Alicia</td>
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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 Privates for $200.00 (Required to take group classes)

**Reformer class Fees:**

Single (1) class $15.00
8 classes $84.00
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 903-323-6520 or e-mailing Ihealthyliving@gsmc.org.

Class Descriptions

**Pilates Reformer Level 1** - After completing the private introductory sessions, the Level 1 class will be the next step. While continuing to focus on body alignment and breathing in this basic class, you will learn more beginner exercises and continue to gain strength and control. This is a good class for people with injuries, as modifications can be made.

**Pilates Reformer Level 2** - A second tier of coordinated movements and greater resistance are added to what is taught in level 1. This class will focus on flow, breath, precision of movement and moving through each exercise without stopping. A solid understanding of the exercise is expected at this level. Please consult with your level 1 teacher before advancing to this level.

**Power Pilates**: This 60 minute Level 2/3 reformer based workout is packed with tons of fun, including; tower, jumpboard, spine corrector and small equipment such as toning balls, bands and magic circle. It’s an hour packed with consistent movement to enhance strength, mobility, flexibility and endurance. It is not recommended for anyone one with injuries.

**Cardio Core Multi-Level**: This 60 minute workout is a mixed level group reformer class that will include a full cardio workout using the reformer jumpboard. It will also include a unique abdominal workout using toning balls, bands, magic circle and reformer based equipment. Burn those calories and sculpt your abs.

**Tower Hour** - Looking for a challenge?! Tower Hour is the ULTIMATE work out in the mind-body studio, combining the reformer, mat, and tower. The tower is equipped with color springs to create a varied resistance workout for all levels of Pilates clients.