

PILATES REFORMER



Why PILATES Reformer?

These sessions place an emphasis on rhythmic, flowing movements working to increase strength, flexibility and stamina while also improving alignment, balance, coordination and tone. A uniformly developed body, with a strong back and abdominal muscles. The Reformer's adjustable springs allow for progressive resistance, which helps to lengthen and strengthen the muscles rather than building bulk. Although some of these exercises may seem simple – the effects go deep, and you'll engage muscles you never knew you had and get great results FAST.

GROUP PILATES REFORMER

Reformer Level I

We will melt away your daily stress, challenge your core, and send you home feeling invigorated, relaxed and renewed. Ideal for beginners looking to learn the Pilates repertoire as well as seasoned students who are looking to combine deep core work with fun choreography.

Reformer Level II

This class is designed for the intermediate student who seeks a more vigorous core body workout. You will learn more of the intermediate level exercises and be challenged to execute them with control, precision and flow. Your instructor guides you through balanced, fast-paced, focused, and ever-changing Pilates repertoire.



PRIVATE PILATES REFORMER

Individualized training is the quickest way to meet your specific goals and will leave you feeling great! Private Pilates training allows you and your instructor to focus on your areas of greatest need. Private instruction often is conducted on multiple pieces of equipment, including the Reformer, Cadillac, BOSU and Spine Corrector. Private sessions are 55 minutes and may be tailored for an individual session or in certain arrangements a duo (two person) session.

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What Students Say...

"I love the Pilates Reformer class because of the dynamic strengthening exercises it takes you through. It has developed a base of core and postural strength that has eliminated my pain, prevented injury and has prepared me for my next adventure."

-DANA, SHC PILATES REFORMER STUDENT

Your Physical Therapist Recommends...

"Pilates is a great way to develop total body strength without the impact of some more traditional activities, especially for those with orthopedic concerns. It is also a great way to bridge from Physical Therapy to independent workouts by means of very focused body awareness and movement patterns to help steer away from injuries."

-ADAM C. WACHTER PT,
MPT, CSCS



SCHEDULE

MONDAY

8:30 AM REFORMER LEVEL II
9:30 AM REFORMER LEVEL I

WEDNESDAY

8:30 AM REFORMER LEVEL II
9:30 AM REFORMER LEVEL I
3:30 PM REFORMER LEVEL II

FRIDAY

8:30 AM REFORMER LEVEL II
9:30 AM REFORMER LEVEL I

PRICING

PRIVATE	Member	Non-Member
SINGLE CLASS	\$75	\$85
FOUR CLASSES	\$280	\$320
EIGHT CLASSES	\$520	\$600

DUO

FOUR CLASSES	\$180	\$200
EIGHT CLASSES	\$320	\$360

GROUP

SINGLE CLASS	\$24	N/A
EIGHT CLASSES	\$168	\$198

BOOK YOUR CLASSES ON THE GO:

Search

'STAFFORD HILLS'



STUDIO POLICIES

- All classes & private sessions are by appointment only.
- All classes and sessions are 55 minutes long unless otherwise noted on the schedule.
- Appointment must be scheduled by 6pm the evening prior to the scheduled class time.
- 24-hour advance notice is required to change or cancel an appointment without full charge.
- All appointments may be cancelled by leaving a phone message, in person or by email to the Front Desk.
- If a specific class is full, we do accept waitlist reservations at the service desk. We encourage you to put yourself on the waitlist for any class that you'd like to attend as people cancel classes everyday.
- Waitlist reservations may be made by calling the Front Desk, in person, or by sending an email to the Front Desk.