



# PILATES GROUP REFORMER CLASS SCHEDULE

| MONDAY                                   | TUESDAY                                  | WEDNESDAY                                 | THURSDAY                                 | FRIDAY                                    | SATURDAY                                 |
|--|--|---|--|---|--|
|  |  |   | <b>Intermediate</b><br>7:00 AM<br>Bryndi | <b>Intermediate</b><br>7:30 AM<br>Bryndi  |  |
| <b>Beg/Int</b><br>8:00 AM<br>Katie       | <b>Int/Adv</b><br>8:00 AM<br>Bryndi      | <b>Intermediate</b><br>8:00 AM<br>Bryndi  | <b>Advanced</b><br>8:00 AM<br>Bryndi     | <b>Intermediate</b><br>8:30 AM<br>Katie   | <b>Intermediate</b><br>8:00 AM<br>Marisa |
| <b>Advanced</b><br>9:00 AM<br>Bryndi     | <b>Advanced</b><br>9:00 AM<br>Katie      | <b>Beg/Int</b><br>9:00 AM<br>Marisa       |  | <b>Beg/Int</b><br>9:30 AM<br>Bryndi       | <b>Beg/Int</b><br>9:00 AM<br>Katie       |
| <b>Int/Adv</b><br>10:00 AM<br>Bryndi     | <b>Int/Adv</b><br>10:00 AM<br>Bryndi     |   |  |   |  |
|  | <b>Intermediate</b><br>11:00 AM<br>Katie | <b>Intermediate</b><br>11:00 AM<br>Bryndi | <b>Int/Adv</b><br>11:00 AM<br>Bryndi     | <b>Intermediate</b><br>11:30 AM<br>Bryndi |  |
| <b>Int/Adv</b><br>12:00 PM<br>Katie      | <b>Intermediate</b><br>12:00 PM<br>Katie | <b>Advanced</b><br>12:00 PM<br>Ashley     | <b>Advanced</b><br>12:00 PM<br>Bryndi    | <b>Int/Adv</b><br>12:30 PM<br>Katie       |  |
| <b>Beginner</b><br>4:45 PM<br>Marisa     | <b>Beginner</b><br>4:30 PM<br>Bryndi     |   |  | <b>Beg/Int</b><br>1:30 PM<br>Katie        |  |
| <b>Intermediate</b><br>5:45 PM<br>Marisa |  | <b>Intermediate</b><br>4:30 PM<br>Katie   |  | Teen<br>3:30 PM<br>Katie                  |  |
| <b>Intermediate</b><br>7:30 PM<br>Bryndi |  | <b>Intermediate</b><br>7:30 PM<br>Bryndi  |  |   |  |

- Please register for classes on **MINDBODY** as there are a limited number of spots available. Please adhere to the 24-hour cancellation policy.
- Contact our Pilates Professional, Katie Cowart, for more information at [katie@fcgolf.org](mailto:katie@fcgolf.org).
- Class description located on back→

Building on the principles of Joseph Pilates, Pilates focuses on strengthening the core, or center of the body. The exercises are typically executed in a classical order designed to strengthen and elongate muscles, increase flexibility, correct postural alignment, and balance the body thus decreasing the likelihood of injury. The exercises require mental focus along with muscular control and concentration on specific breathing patterns.

The reformer is the centerpiece of the Pilates apparatus regimen and is considered the "moving mat." Its unique design brings an incredible dimension to the work and simultaneously supports the body while challenging the core strength and overall stabilization. All exercises in this dynamic workout are done with controlled, precise movements and follow a specific sequence building in mental and physical intensity as it progresses. Its impact on the body is phenomenal and there is no doubt that you will feel and look transformed from these reformer workouts! In some reformer classes, there will also be the option of using the tower component of the machines. The tower blends the use of arm springs, leg springs, and various bars with mat work to deliver a very effective and satisfying workout. Using the weight resistance of the various springs increases metabolism and muscle definition. It will leave your body more aligned, lengthened, strengthened, and certainly more powerful!

**\*\*\* Class level is generalized based on the desired flow and technical difficulty of the class. However, all of our trainers teach to the levels of those that are present in each class. If you are new to working out on the Pilates apparatus, it is suggested that you take advantage of a few private sessions before jumping into group classes in order to familiarize yourself with the equipment and proper Pilates technique.**

## PRICING:

|           | <u>Private Training</u> | <u>Semi-Private Training</u> | <u>Reformer Class (3-5 people)</u> |
|-----------|-------------------------|------------------------------|------------------------------------|
| 1 Session | \$60                    | \$35/person                  | \$22/person                        |
| 5 Pack    | \$275                   | \$165/person                 | \$100/person                       |
| 10 Pack   | \$500                   | \$300/person                 | \$170/person                       |
| 20 Pack   | \$900                   |                              |                                    |

**Pilates Introductory Special (\$135):** New to Pilates? Haven't taken a class in a while? This package includes 3 private Pilates sessions and it's the perfect way to get a jump start.

**10/20/30 Challenge (\$960):** Kick off your fitness goals with 30 sessions in 60 days or less. This challenge consists of two private sessions per week plus two group reformer classes per week for approximately eight weeks. You can do it!