

FINAL FALL SESSION

Pilates REFORMER Training Program

GROUP PILATES REFORMER TRAINING

Midtown's Group Pilates Reformer Training is a comprehensive exercise method for strengthening the core, increasing body awareness and improving flexibility through the spine and lower back. Pilates strengthens and protects muscles and joints from injury and promotes optimal muscular control. Students will learn progressive exercises that will increase core strength, develop proper breathing patterns, and correct posture imbalances.

Schedules may change based on participation. Please call to confirm.

Midtown Instructors reserves the privilege to group students based on previous Pilates experience.

GROUP REFORMER SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				7:15 AM <i>Alain</i>		
		8:30 AM <i>Rebecca</i>	8:00 AM <i>Rebecca</i>	8:30 AM <i>Teri</i>	8:00 AM <i>Rebecca</i>	9:00 AM <i>Carole</i> Men Only
10:00 AM <i>Carrie</i>	9:00 AM <i>Rebecca</i> <i>Wait List</i>	9:30 AM <i>Carrie</i>	9:00 AM <i>Carole</i>	9:30 AM <i>Teri</i>	9:00 AM <i>Teri</i>	10:00 AM <i>Carole</i>
11:00 AM <i>Carrie</i> <i>Intermediate</i>	10:00 AM <i>Rebecca</i>		10:00 AM <i>Teri</i>		10:00 AM <i>Teri</i>	
		11:00 AM <i>Sara</i>		11:00 AM <i>Sara</i>		
	6:30 PM <i>Teri</i>	6:30 PM <i>Rebecca</i>	6:30 PM <i>Sara</i>	6:00 PM <i>Rebecca</i>		
	7:30 PM <i>Teri</i>					

Advanced registration required for Group Classes. Please Contact your Instructor for scheduling and cancellations.

FEES

Group Drop in Rate \$30

Groups

\$100 (4 classes) OR \$138 (6 classes) \$264 (12 classes)

Privates

Semi-Privates(Duets)

\$68/hr

\$98/hr or \$49/hr per person

*Minimum three and maximum six students per group class.

*Make-up Policy: 1 Make-up class will be granted within the month provided space is available. Please inform your trainer in advance if you know you will be out.

*To ensure safe progressions in group sessions, drop-ins will only be permitted in at the discretion of the trainer. Drop-in fee is \$30.

*Full payment must be received at time of sign-up. Cash, Check, Credit Card and House charges are acceptable forms of payment.

* 24 HOUR CANCELLATION REQUIRED to avoid cancellation charges.

Group Pilates Training Registration Form

Number of Session Purchasing: _____ Date Purchased: _____ Purchased From: _____

Class day(s): _____ Time: _____

Name: _____ Membership #: _____

Address: _____ City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____

E-mail Address: _____

Previous Pilates experience: None Mat training Reformer training

Signature: _____ Date: _____

ALL GROUP REFORMER CLASSES ARE MULTI-LEVEL. PRIVATE SESSIONS MAY BE RECOMMENDED PRIOR TO JOINING EXISTING GROUP CLASSES.