

Pilates REFORMER Training Program

Advanced Registration Required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 AM Sarah N.		7:15 AM Sara S.	6:00 AM Gwendolyn	
	8:00 AM Sara S.	7:15 AM Sarah S.	8:00 AM Rebecca	8:30 AM Teri	8:00 AM Rebecca	8:30 AM Sarah N.
9:00 AM Christine	9:00 AM Rebecca	8:30 AM 45min. Leg Circuit* Rebecca	9:00 AM Odalis	9:30 AM Teri	9:00 AM 45min. Total Body Circuit* Teri	9:30 AM Rebecca
10:00 AM Christine	10:00 AM Odalis	9:30 AM Sol	10:00 AM Teri	10:30 AM Sol *En Espanol	10:00 AM Teri	
	11:00 AM Amy	10:30 AM Sol	11:00 AM Christine	11:30 AM Odalis	11:00 AM Odalis	
		11:30 AM Odalis				
	7:00 PM Teri		3:30 PM Gwendolyn	6:30 PM Gwendolyn		
	8:00 PM Sol	6:30 PM Sara S.	4:30 PM Gwendolyn			
		7:30 PM Sara S.	6:00 PM Christine			

**For scheduling and cancellations, please contact your Instructor directly.
To avoid cancellation charges, 24 hour notice is required.**

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.

FEES

Members may receive one Complimentary Orientation**

Group Class 1 hour - \$24

NEW CLASS Group Class 45 minutes- \$19

Starter 3-pack of Private Sessions (highly recommended before participation in Group Classes) \$179

Members may reserve their space in class on a monthly or weekly basis. Wait lists and classes are managed by the individual trainers.

For your safety, we do not permit drop-ins without approval from the trainer.

One hour or half hour privates are available for singles or partners. Call for details on pricing.

* Please inform your trainer in advance if you know you will be out to avoid no show fees.

* To ensure safe progressions in group sessions, drop-ins will only be permitted in at the discretion of the trainer.

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

* 24 HOUR NOTICE IS REQUIRED in order to avoid cancellation charge.

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

** Contact Pilates Director to schedule your Complimentary Orientation.

**For more information please call
Pilates Director, Teri Lewis 954-635-4373**

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