

# PILATES REFORMER

## Group Training Registration Form

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### SESSION DATES:

WINTER SESSION 3 (4 Weeks)

Tuesday , January 17<sup>th</sup> through Saturday, February 11<sup>th</sup>

### GROUP PILATES TRAINING:

Midtown's Group Pilates 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. 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 reserve the privilege to group students based on previous Pilates experience.

### SCHEDULE:

<b>Tuesday</b> 5:30 pm-6:30 pm (Kala)	<b>Wednesday</b> 9:00 am-10:00 am (Connie)	<b>Thursday</b> 9:00 am -10:00 am (Connie)	<b>Thursday</b> 5:30 pm -6:30 pm (Kendra)
<b>Friday</b> 9:30 am- 10:30 am (Kendra)	<b>Saturday</b> 8:30 am-9:30 am (Kendra)		

### Group Rates:

(4 Week Session)

One Class  
Per Week  
Member \$100/ Non-Member \$140

Two Classes  
Per Week  
Member \$200/ Non-Member \$280

\*Minimum three and maximum six students per class. **No Refunds will be offered for missed classes once session begins. One make-up per session approved by Nancy Hannan. A Non-Member may enroll in one session.**

Group Pilates Training Registration Form

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: \_\_\_\_\_

Please contact Nancy Hannan, Fitness Director for more information (913) 491-4116 ext. 246

**MIDTOWN**  
ATHLETIC CLUB®

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