

# PILATES REFORMER AND CHAIR

Reformer and Chair classes will improve core strength, flexibility, and joint mobility, along with leaving you feeling tall and refreshed. As Joseph Pilates states, in 10 sessions you will feel the difference, in 20 you will see the difference, and in 30 you will have a whole new body. First time participants must complete Reformer Intro (offered during spring and fall only) or receive at least 2 private Pilates training sessions and have instructor's approval prior to enrolling.

## Level 1 - Essential

This class incorporates strength and flexibility movements which produce lean muscle and core stability. This class is designed using the essential exercises on the reformer where technique and breath will be emphasized.

### Essential Reformer

Code	Day	Date	Time	M/NM Fee
3205	Thu	July 11 - Sept 19	10-11 am	\$323/\$404

**Instructor:** Sharon

3207	Fri	July 5 - Sept 20	11 am - 12 pm	\$352/\$440
3202	Sat	July 6 - Sept 21	8 - 9 am	\$352/\$440

**Instructor:** Yelena

### Essential Reformer and Chair

Code	Day	Date	Time	M/NM Fee
3211	Sun	June 30 - Sept 15	9-10 am	\$396/\$495

**Instructor:** Sharon

3208	Fri	July 5 - Sept 20	10-11 am	\$396/\$495
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**Instructor:** Yelena

## Level 2 - Intermediate

This class incorporates strength and flexibility movements which involve good coordination skills. Participants must be able to stabilize through the pelvic girdle, shoulder girdle and torso. This class will continue to use the essential exercises along with intermediate exercises on the reformer. Prerequisite is to have completed Essential Level and have an instructor's approval.

### Intermediate Reformer

Code	Day	Date	Time	M/NM Fee
3201	Tue	July 2 - Sept 17	7:35 - 8:35 pm	\$352/\$440

**Instructor:** Jennifer

### Intermediate Reformer and Chair

Code	Day	Date	Time	M/NM Fee
3204	Thu	July 11 - Sept 19	9 - 10 am	\$363/\$454

**Instructor:** Sharon

3203	Wed	July 3 - Sept 18	6:45 - 7:45 pm	\$396/\$495
3206	Thu	July 11 - Sept 19	6:45 - 7:45 pm	\$363/\$454

**Instructor:** Yelena

## Level 3 - Advanced

Participants will experience the highest level of Reformer and Chair repertoire. Strength, flexibility, balance, control, and endurance are challenged to the highest degree. Many exercises performed continue the progressions from the Essential and Intermediate levels, while others offer unique movement patterns. Workload is escalated by altering base of support and body position rather than increasing resistance. Prerequisite is to have completed Intermediate Level and have an instructor's approval.

### Advanced Reformer and Chair

Code	Day	Date	Time	M/NM Fee
3209	Sat	July 6 - Sept 21	9 - 10 am	\$396/\$495

**Instructor:** Yelena

