



Pilates Reformer Classes

Pilates Director: Megan Brown, meganb@rollinghillsclub.com

	CORE CONCEPT STUDIO (\$)	CLASS DESCRIPTIONS
MONDAY	9:00am Jumpboard Reformer Sculpt (Adv Level 3/4) <i>Megan</i> 10:15am Intermediate Reformer Flow (Level 2/3) <i>Megan</i>	Jumpboard Reformer Sculpt (Advance Level 3/4) This class is for strong and experienced clients who are confident with quick spring adjustments and a faster pace. Jumpboard sculpt means jumping with proper alignment and control, engaging your core with every jump. Adding jumpboard and spring weight resistance will raise your heart rate and challenge and improve your endurance and coordination. Expect interval training results. We incorporate a variety of advanced Pilates repertoire with particular emphasis on abs, glutes, shoulders, postural muscles, and joint stabilization. You will get comfortable kneeling and standing on the machine. We use tower, hand weights, and ballet barre for cross training.
TUESDAY	9:45am Pilates Fundamentals (Beginner Level 1/2) <i>Charlene</i> 5:00pm Jumpboard Reformer Sculpt (Adv Level 3/4) <i>Megan</i>	Fundamental Reformer (Beginner Level 1/2) Ideal for beginners and those who want a safe and effective class experience to build a solid Pilates foundation. Focus is on form and alignment to help you master the Pilates fundamentals so you get the most out of your workout as you become more advanced. This class is ideal for all fitness levels, and is easily modified for those with physical limitations.
WEDNESDAY	9:00am Jumpboard Reformer Sculpt (Adv Level 3/4) <i>Megan</i> 2:00pm Pilates Fundamentals (Beginner Level 1/2) <i>Megan</i> 5:00pm Intermediate Tower of Power (Level 2/3) <i>Charlene</i> BEGINS MARCH 8	Intermediate Reformer Flow (Level 2/3) You have mastered the Pilates fundamental principles with at least 10-20 private reformer sessions or classes, and are ready for more! Challenge your technical practice learning more advanced progressions, combining abdominal work with arms and legs. Build core and back strength, flexibility, and increase range of motion with this dynamic class. Expect a full body workout with this inclusive and engaging class designed for the strong intermediate client.
THURSDAY	9:45am Pilates Fundamentals (Beginner Level 1/2) <i>Charlene</i> 5:00pm Jumpboard Reformer Sculpt (Adv Level 3/4) <i>Megan</i>	Intermediate Tower of Power (Level 2/3) Spice up your Pilates practice with this intermediate full-body workout on the tower. The moving reformer carriage will be reconfigured into a stable trapeze table. Using the springs, push through bar, and roll down bar. You will learn new ways to apply fundamental principles used on the original Pilates Cadillac apparatus. Diversify how you challenge your body while you build muscle endurance, stabilize joints, increase range of motion, and work the core. <i>Prerequisites:</i> 10-20 group reformer classes or private reformer sessions.
FRIDAY	9:00am Jumpboard Reformer Sculpt (Adv Level 3/4) <i>Megan</i>	Pilates Reformer Director: Megan Brown, meganb@rollinghillsclub.com
SATURDAY	9:00am Jumpboard Reformer Sculpt (Adv Level 3/4) <i>Megan</i> 10:15am Intermediate Reformer Flow (Level 2/3) <i>Megan</i>	
SUNDAY		

GROUP CLASS PRICE

Single Class \$35
 5-Pack \$150 (\$30 per class)
 10-Pack \$250 (\$25 per class)

ALL purchases are FINAL.
Packages expire 6 months from date of purchase.
24-hour Cancellation Policy to avoid a charge.