



INCLUDED ON THE GROUP FITNESS SCHEDULE!

STOTT PILATES REFORMER

The Pilates Reformer was designed by Joseph Pilates in the early 1920's. The exercises focus on core strength and proper muscle engagement which improves athletic performance, back pain, injury recovery, weight loss, balance, bone density and posture to name a few.

Beginner Reformer – Learn 5 basic principles and all the exercises. Everyone must take 3-4 Beginner classes. Sign up at Member Services Desk.

Pilates Reformer – This class will move smoother and is a continual resistance workout. It a combination of different levels (Essential, Plus, Intermediate and Advanced) “Plus” means the “Jumpboard” is added to the Reformer. The Intermediate and Advanced moves give more challenging options, but modifications are shown throughout to accommodate any fitness level.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Pilates Reformer 5:30-6:15am Abbie		Pilates Reformer 5:30-6:15am Sterling	
Pilates Reformer 8:15-9:00am Stephanie/Shannon	Pilates Reformer 8:15-8:45am Estelle	Pilates Reformer 8:15-9:00am Stephanie/Shannon	Pilates Reformer 8:15-8:45am Estelle		
	Pilates Reformer 9:30-10:00am Estelle		Pilates Reformer 9:30-10:00am Estelle		
Pilates Reformer 10:15-11:00am Janene		Pilates Reformer 10:15-11:00am Janene			
	Pilates Reformer 6:30-7:15pm Lisa		Pilates Reformer 6:30-7:15pm Not currently held		



Personal Training also available... Contact Terrill Meier @605-225-4910
tmeier@aberdeenymca.org