




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 Dena	Pilates Reformer 5:30-6:15am Dena	Pilates Reformer 5:30-6:15am Dena		
Pilates Reformer 8:15-9:00am Stephanie		Pilates Reformer 8:15-9:00am Shannon/Katharine			
			Pilates Reformer 9:30-10:15am Janene		
			Pilates Reformer Start Up Class 10:30-11:15am Janene		
	Pilates Reformer 6:30-7:15pm Lisa		Pilates Reformer 6:30-7:15pm Janey		

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