





# 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<br>5:30-6:15am<br>Dena                              |   |          |
| Pilates Reformer<br>8:15-9:00am<br>Stephanie |   | Pilates Reformer<br>8:15-9:00am<br>Shannon/Katharine |  |   |          |
|  |   |  | Pilates Reformer<br>9:30-10:15am<br>Janene                           |   |          |
|  |   |  | Pilates Reformer<br><b>Start Up Class</b><br>10:30-11:15am<br>Janene | Not held right now<br> |          |
|  | Pilates Reformer<br>6:30-7:15pm<br>Lisa |  |  |                        |          |
|  |   |  |  |   |          |

**Personal Training also available... Contact Terrill Meier @605-225-4910**  
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