

Group Pilates Equipment Schedule

July 9, 2018 - September 9, 2018

Group Pilates Equipment Class

The principle of Pilates is to develop the body and mind uniformly by combining muscle stabilization and concentration with slow, controlled movements. The Group Pilates Equipment class utilizes the Pilates Reformer, Cadillac, Tower and Chair to improve muscular and core strength, range of motion posture and balance.

Members new to Pilates Equipment classes should attend Beginner classes or complete a minimum of one private session with an instructor for evaluation.

All Group Equipment classes are 55 minutes in length and are held in the Group Pilates Equipment studio.

- Power Walk & Reformer meets on track.

Monday		
10:30-11:25a	Deb	Group Pilates Reformer & Tower
Tuesday		
10:00-10:55a	Wendy	Group Pilates Reformer & Tower
Wednesday		
10:00-10:55a	Deb	Group Pilates Reformer & Tower
Thursday		
• 8:30-9:25a	Loralee	Group Power Walk & Reformer
Friday		
9:30-10:25a	Lorie	Group Pilates Reformer & Tower
10:30-11:25a	Deb	Group Pilates Equipment Circuit
Saturday		
8:00-8:55a	Michelle	Group Pilates Reformer
9:00a-9:55a	Michelle	Group Pilates Reformer & Tower
Sunday		
9:30-10:25a	Michelle	Group Mixed Equipment

Prices For Group Equipment Sessions:

Members:

1 & 5 session	\$30.00 per session
10 & 15 sessions	\$28.00 per session
25 sessions	\$27.00 per session

Non Members:

single session	\$50.00
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For more information,

Please contact us at 847.535.7000 or Pilates Coordinator: Deb Valenti at 847.535.7117 or dvalenti@nm.org

Call ahead to save your spot!

24-hour cancellation policy / Minimum 2 participants for class to be held.*

*For a single participant a 30 minute private session will be offered at no additional cost in lieu of 60 minute class.

