

PILATES MAT & REFORMER SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Mat Classes (free to members)	10:45 am Level 1-2 Ann H		10:45 am Level 1 Robert		10:45 am Level 1-2 Robert		10:45 am Fundamen- tals Robert/ Victoria
Small Group Reformer (fee based)	9:30 am All Levels Ann H 1:15p Restorative Reformer Victoria	9:00 am All Levels* Sara 10:00 am All Levels Sara	1:15pm Gentle Reformer Ann H 5:30 pm Level 1-2 Hilary	9:00am Advanced* Anne O. 10:00 am All Levels Anne O.	3:30 pm Happy Hour All Levels Sara		

*Advanced class requires instructor approval

WHAT CAN PILATES DO FOR YOU?

BUILD CORE STRENGTH

Pilates goes beyond surface muscles and targets the deep muscles of the abdominals and lower back. A strong core is the key ingredient to improved posture, balance, athletic performance and a healthy back.

INCREASE FLEXIBILITY

Pilates helps to make the spine more supple, and flexibility throughout the body can increase. Circulation is improved and postural alignment is restored helping to build long, lean and flexible muscles.

IMPROVES BALANCE AND COORDINATION

Regular Pilates practice is one of the best ways to maintain healthy joint mobility. Pilates students develop more balanced, streamlined muscles which directly relates to coordination and balance, as well as fewer injuries. Pilates builds confidence and motivates you to perform other activities better!

PROMOTES WEIGHT LOSS

Pilates builds long, lean muscles. Building muscles, can help to improve metabolism and help you to reach your weight loss goals. Anxiety and stress are often reduced through practicing Pilates which can help to make healthier lifestyle choices and gain greater self esteem.

REFORMER OR MAT WHICH IS BEST FOR YOU?

Harbor Bay Club offers group Mat Classes, Small Group Reformer classes, and Private Training throughout the week.

We recommend that you try both! They are equally effective and students who participate in both Mat and Reformer classes find that their work on the Reformer enhances their Mat practice and vice versa.

For more information contact
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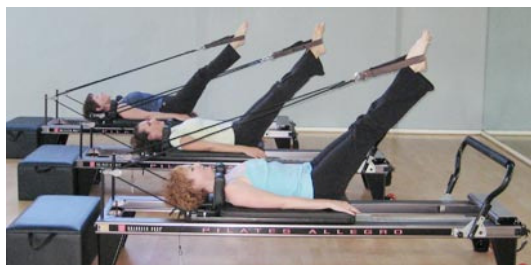


Pilates is a unique method of conditioning designed to strengthen the entire body while focusing on the core; abdominals, lower back, and gluteals. Clients either work on mats or execute movements on spring-resistance based apparatus, like the Reformer, Tower of Power, and Wunda Chair.

"Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit."

Joseph Pilates

HARBOR BAY CLUB PILATES



PILATES PACKAGES

Introduction to Pilates Reformer Package

Learn the basic principals and vocabulary of Pilates Matwork and Reformer exercises with three private Pilates training sessions. Your private sessions will give you the knowledge and structure needed to begin and continue a results-oriented Pilates practice, and join our Small Group Reformer classes. Warning: can lead to addiction! . All services are by appointment. **For new clients only** Introductory Package includes **3 Private Pilates** training sessions and **4 Small Group Reformer classes**.

Or simply **3 private sessions for \$150.**

Introduction to Pilates for Two Package

Bring a friend along and learn Pilates together – when training with a partner, motivation is stronger and results like weight loss are greater than when doing it alone. Have a great time training together and save with our specially designed Intro for Two Package. (Save more than you would if buying our standard individual Intro package). All services are by appointment. Introductory Package includes **3 Duet Pilates** training sessions to as well as **4 Small Group Reformer classes** for each of you. **For new clients only.**

"I Love Pilates!" Package

Once you have completed your Introductory Package – you may find that you cannot get enough Pilates! Our **"I Love Pilates!" Package** will come to the rescue! This unique package is ideal for those who enjoy working in a group class but also want the personal attention and personalized workout that come with Private Training sessions. The **"I Love Pilates!" Package** includes 8-Private Pilates sessions and 8-Small Group Reformer classes. All services are by appointment.

If you love our Group Classes, but would like to share your individual workouts with a friend this package is also available as 8-Pilates Duet sessions and 8-Small Group Reformer classes.

Rates	Member	Guest
<u>Private Pilates Sessions</u>		
One (1) one-hour session	\$70	\$80
Six (6) one-hour sessions	\$390	\$450
<u>Semi-Private (duet) Sessions</u>		
One (1) one-hour session	\$100	\$125
\$50 per member/\$57.50 per guest		
Six (6) one-hour sessions	\$550	\$660
\$275 per member/\$315 per guest		
<u>Small Group Reformer Classes</u>		
<i>(Prior Reformer experience required. Please schedule a private session before registering for any group classes.)</i>		
Single Class	\$32	\$45
4-session Class Card	\$120	\$150
8-session Class Card	\$210	\$270
<u>Intro to Reformer (3 private sessions)</u>	\$150	\$180
<u>Intro to Pilates Reformer Package</u>	\$290	\$340
3-private sessions and 4-Small Group Reformer classes		
<u>Intro to Pilates for Two Package</u>	\$250	\$295
3-Duet sessions and 4-Small Group Reformer classes each	(per person)	(per person)
<u>"I Love Pilates!" Package with Private Sessions</u>	\$625	\$775
8-Private sessions and 8-Small Group Reformer classes		
<u>"I Love Pilates!" Package with Duet Sessions</u>	\$500	\$625
6-Duet sessions and 8-Small Group Reformer classes	(per person)	(per person)

*Cancellations must be made 24-hours in advance or the full session price will be charged.

Sign up for Pilates sessions & Small Group Reformer Classes in the Spa Shoppe, by calling 521-5509 or Online at harborbayclub.com

PILATES MAT CLASSES

(free to members)

Experience a balanced, strong, aligned body. Pilates mat classes help to improve muscle control, flexibility, coordination, strength and tone. An innovative system of body/mind conditioning developed from the principles of Joseph Pilates.

Mat Fundamentals (Sunday 10:45a). Each week, class will focus on one of five key principles of Pilates to allow students to gain a stronger understanding of proper form and technique. Suitable for all.

Mat Level 1 is suitable for all levels including beginners who preferably have attended Introduction to Pilates or one-month of Mat Fundamentals.

Mat Level 1-2 a more challenging class suitable for all levels including beginners who have attended Introduction to Pilates or one-month of Mat Fundamentals.

SMALL GROUP REFORMER CLASSES

(fee-based)

During our Small Group Reformer Session with 3-5 people, students will work on the Allegro Reformers and execute the gentle, yet core strengthening exercises of the Pilates Method.

One or more private sessions are required before signing up for any Small Group classes.

Restorative Reformer is a specially designed class to help students with special needs -- those recovering from an injury, who are post rehab, pre-natal or post-natal, or anyone who needs to work at a slower and gentler pace than our standard Small Group Reformer Classes.

Advanced Reformer is a challenging class for our most experienced students. Participants must have a minimum of one year of Reformer experience and approval from the instructor to register for the Advanced Class.

Multi-Level Reformer is appropriate for anyone who has previous experience on the Reformer. Happy Hour is a Multi Level Class.

Gentle Reformer is open to all students and is set at a more gentle pace. This class is for beginners or for those who want to stick with the basics. No prior Reformer experience needed.