

# PILATES CLASS AND PRIVATE SCHEDULE

\*Advanced class requires instructor approval

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Mat</b> free with member-ship	10:30a Level 1-2 Jami		10:45a Level 1 Evangeline		10:45a Level 1-2 Christine	12:15p Intro to Pilates Christine (4 <sup>th</sup> Sat only)	10:45a Fundamentals Various Instructors
<b>Small Group Reformer</b> (free based)	9:15a Jami	9:00 Advanced* Christine	1:00p Restorative Reformer Christine	9:00a Christine			
<b>Private</b> (free based)	7:15a, 8:15a Jami	6a Evangeline	4:15p, 7:45p Rebecca	10a, 11a, 1p, 2p Christine	12:00p, 1:00p Christine		

## Harbor Bay Club's Certified Pilates Instructors

Christine Naish, Mind Body Coordinator received her Pilates matwork certification through the Physical Mind Institute in 2001 and in instructing private and semi-private classes on Pilates apparatus in 2002. In 2007 she received a Dance Specialized Pilates certification from the Body Arts Science Institute (BASI). She continues her educational training in Pilates, attending conventions and conferences annually. Christine integrates her extensive background in ballet and other dance forms to create classes that transition seamlessly from one exercise to the next in a flowing mind-body experience.

**Evangeline Fitzpatrick** is trained in Pilates mat and Reformer from ITT Pilates in San Francisco where the client's needs and abilities direct the teaching. Evangeline has also completed a Pilates Reformer certification program with Stott Pilates and will begin their Wunda/Stability Chair training program in January 2011. She loves practicing and teaching Pilates for the strength, agility, and balance it gives to her clients and herself. In her free time, Evangeline enjoys painting, drawing, and spending time with her husband and two daughters.

**Jami Hearn's** lifetime love of sports and being active led to her love of working out, and exploring everything the human body is capable of in motion and movement. From ballet, soccer, softball, track, distance running, weight training, gymnastics and swimming, she inevitably suffered injuries, and discovered that Pilates cured her chronic knee, lower back and neck pain. She has learned the highly effective training methods through Stott Pilates, and is certified to teach both Matwork and Apparatus work, including the Pilates Reformer. Pilates has become a way of life for Jami, and she is inspired to share the amazing benefits of incorporating this multi-faceted work into the fitness routines of her students.

**Rebecca Kahlenberg** discovered Pilates as a form of conditioning for dance. Pilates worked so well for her that she chose to become a mat Pilates instructor in 2007, and received her Apparatus certification (including Reformer) in 2009. She completed the Pilates Sports Center teacher training program taught by Lora Anderson and Nichole Martinez-Barreto at Pilates Studio City in the San Fernando Valley and has also completed training in working with Pre and Post-natal clients. Rebecca has come to see and feel how dramatically Pilates can improve quality of life, and is happy to have the opportunity to share Pilates with the members of the Harbor Bay Club.

For more information contact:  
Christine Naish, Mind Body Coordinator  
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## Harbor Bay Club

200 Packet Landing Road Alameda, CA 94501  
510-521-5414 ext. 121

# PILATES PROGRAMS



### What is Pilates?

A unique method of conditioning designed to strengthen the entire body while focusing on the core: abdominals, muscles of the lower back and the gluteals. The Pilates method is named after Joseph H. Pilates, who developed a system of whole body exercises that integrate the body and mind. Clients either work on mats or execute movements on spring-resistance based apparatus, like the Reformer and the Wunda Chair.

Harbor Bay Club offers an Introduction to Pilates  
4th Saturday of each month  
12:15—1:45  
Free to members / \$15 guests

# Harbor Bay Club Pilates Programs



## 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.

### 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.

#### **For new clients only**

Introductory Package includes **3 Duet Pilates** training sessions to as well as **4 Small Group Reformer** classes for each of you.

### "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

#### Private Pilates Sessions

One (1) one-hour session	\$65	\$78
Six (6) one-hour sessions	\$360	\$425

#### Semi-Private (duet) Sessions

One (1) one-hour session	\$95	\$115
<i>\$47.50 per member/\$57.50 per guest</i>		
Six (6) one-hour sessions	\$510	\$630
<i>\$255 per member/\$315 per guest</i>		

#### Small Group Reformer Classes

*(Prior Reformer experience required. Please schedule a private session before registering for any group classes.)*

Single Class	\$30	\$45
4-session Class Card	\$115	\$140
8-session Class Card	\$200	\$260

#### Intro to Pilates Reformer Package

3-private sessions and 4-Small Group Reformer classes	\$275	\$330
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#### Intro to Pilates for Two Package

3-Duet sessions and 4-Small Group Reformer classes each	\$235 (per person)	\$285 (per person)
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#### "I Love Pilates!" Package with Private Sessions

8-Private sessions and 8-Small Group Reformer classes	\$610	\$750
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#### "I Love Pilates!" Package with Duet Sessions

6-Duet sessions and 8-Small Group Reformer classes	\$485 (per person)	\$615 (per person)
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**SIGN UP FOR PILATES SESSIONS AND SMALL GROUP REFORMER CLASSES IN THE SPA SHOPPE OR ONLINE AT [www.harborbayclub.com](http://www.harborbayclub.com)**

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

## 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.

**Introduction to Pilates** (4th Saturday of the month, 12:15p) is strongly recommended before beginning any Pilates program. Learn the key principles and fundamental movements of Pilates in this 90-minute class. (Members free/\$15/guests)

**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** (Wednesday 10:45) is suitable for all levels including beginners who preferably have attended Introduction to Pilates or one-month of Mat Fundamentals.

**Mat Level 1-2** (Mon. 10:30a; Wed. 5:30p, Fri. 10:45a) 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.** (Mon. 9:15a; Tues. 10a; Wed. 6:45p; Thurs. 9a)

**Restorative Reformer** (Wed. 1p) is a specially designed class to help students with special needs -- those recovering from an injury, who are post re-hab, 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** (Tues 9a) 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.