

# PILATES MAT & REFORMER SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Mat Classes</b> (Outdoors: for members only) (Virtual: free for members, fee for NM)	9:15 am Level 1-2 Outdoors Robert	9:30 am Level 1-2 Virtual Lynn		9:00 am Level 1 Virtual Robert			12:00pm Bone Health Virtual Robert
<b>Small Group Reformer</b> (members & non-members: fee based)	10:30 am Multi Level Jesse	3:30 pm Multi Level Jesse	10:30 am Multi Level Anne O	3:30 pm Multi Level Jesse	9:30 am Advanced Anne O.		
		4:30 pm Athletic Jesse		4:30 pm Athletic Jesse			

\*Class schedule may change

## 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 for Members, Small Group Reformer classes, and Private Training for Members & Non-Members 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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Alameda's premier health club & spa

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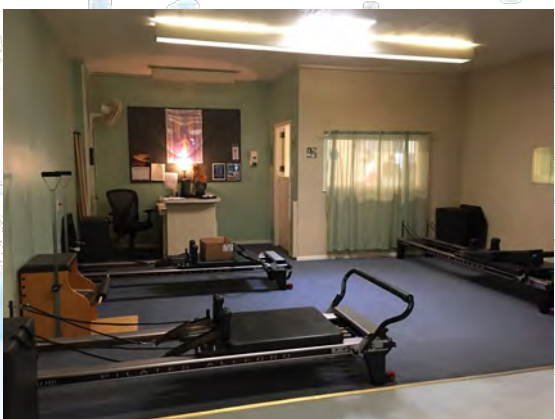
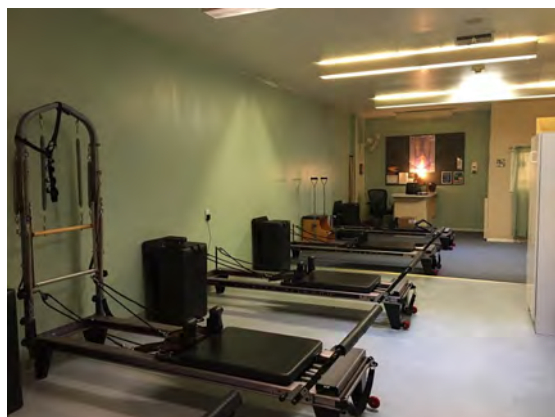


Pilates is a unique method of conditioning designed to strengthen the entire body while focusing on the core; abdominals, lower back, and gluteals. Clients either work on mats or execute movements on spring-resistance based apparatus, like the Reformer, Tower of Power, and Wunda Chair.

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

Joseph Pilates

# HARBOR BAY CLUB PILATES



Rates	Member	Guest
<b><u>Private Pilates Sessions</u></b>		
One (1) one-hour session	\$70	\$80
Six (6) one-hour sessions	\$390	\$450
One (1) half-hour session	\$42	\$55
<b><u>Semi-Private (duet) Sessions</u></b>		
One (1) one-hour session <i>\$50 per member/\$57.50 per guest</i>	\$100	\$125
Six (6) one-hour sessions <i>\$275 per member/\$315 per guest</i>	\$550	\$660
<b><u>Small Group Reformer Classes</u></b>		
<b>One Hour Reformer Classes</b>		
Single Class	\$32	\$45
4-session Class Card	\$120	\$150
8-session Class Card	\$210	\$270
One private session is required for those who have not previously taken Reformer here or elsewhere.		

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

Sign up for  
**Small Group Reformer Classes Online.**  
 Contact Paulette to book Private Pilates Sessions.

## PILATES MAT CLASSES

\*Outdoor for Members Only  
 (included in membership)

\*Virtual: free to Members,  
 Fee for Non-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 Level 1** is suitable for all levels including beginners.

**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)

(for Members & Non-Members)

During our Small Group Reformer Session with 3-6 people, students will work on the Allegro Reformers and execute the gentle, yet core strengthening exercises of the Pilates Method.

**Multi-Level Reformer** is appropriate for anyone who has previous experience on the Reformer.

**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.

**Advanced Reformer** is for students who are not new to Pilates and assumes students are comfortable with the equipment and their understanding of the Pilates Principals. This class moves faster, incorporates more balance and standing exercises and spends less time explaining the fundamentals

**Athletic Reformer** will challenge your muscles in an entirely new way. The genius of this machine is that it forces you to use your deep stabilizing and support muscles all the while increasing your overall strength, flexibility, range of motion and balance. See what many Professional Athletes have discovered about the benefits of Pilates.

\*Not all class types are offered currently. Classes may be added, removed or changed at any time.