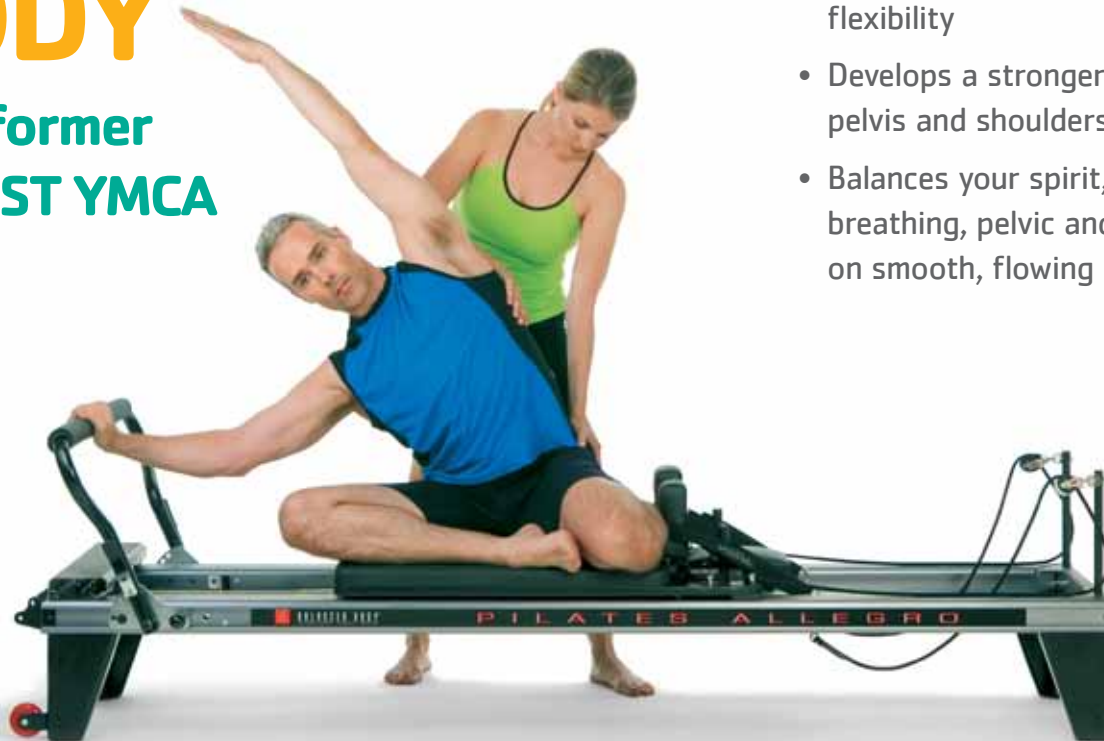




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BALANCING SPIRIT MIND & BODY

Pilates Reformer
NORTHWEST YMCA



Is Pilates Reformer for you?

Pilates Reformer engages your spirit, mind and body, leaving you with a feeling of total well-being.

If you want to be toned, stronger and have more energy or if you want to take your fitness routine to a new level, we recommend that you start with a private session to help you learn the safest, most effective patterns of motion. Then, after 8 weeks of group training, we recommend you do another private session to advance your knowledge and skills.

If you are recovering from an injury, we recommend only private sessions.

Benefits of Pilates Reformer Training:

- Improves balance, posture, coordination, strength and flexibility
- Develops a stronger core through integrating your trunk, pelvis and shoulders
- Balances your spirit, mind and body through proper breathing, pelvic and spinal alignment, and concentration on smooth, flowing movements
- Enhances recovery from injury, improves sports performance, and promotes good posture and optimal health
- Enables you to train safely with movements that are gentle on your joints and body, while providing you an evenly balanced and conditioned workout



Photo(s) courtesy of Balanced Body®

Pilates Reformer Program Pricing

Intro to Pilates Reformer (1st time participants)		
(30 min. sessions)	Facility Members	Program Members
1 session	\$35	\$48
3 sessions	\$96 (\$32 each)	\$129 (\$43 each)

Private, One-on-One Sessions		
	Facility Members	Program Members
1 session	\$65	\$85
5 sessions	\$295 (\$59 each)	\$385 (\$77 each)
10 sessions	\$530 (\$53 each)	\$710 (\$71 each)

8-week Group Sessions (min. 3/max. 5 participants) *		
	Facility Members	Program Members
8 sessions	\$225 (\$28 per participant)	\$293 (\$37 per participant)

*See Group Pilates Reformer flier for days, times and levels for 8-week sessions.

Studio & Session Guidelines

At the Y, we want your experience to be fun, rewarding and beneficial to your health and overall well-being. Our qualified trainers are certified by accredited Pilates organizations.

To start your experience today, complete an interest sheet at the front desk or download a form online.

- Payment must be made at the front desk prior to starting/continuing sessions.
- Sessions must be used within 6 months of purchase and are non-refundable and non-transferable.
- A notice of cancellation must be received at least 24 hours prior to your session to avoid being charged for that session.
- Wear athletic clothing that is flexible and non-binding. We practice on bare feet.
- Please refrain from wearing fragrance during your session.
- Sessions are 55 minutes unless otherwise noted.

For additional information:

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