

SOUTHWEST YMCA PILATES STUDIO TRAINING FORM

Participant's Name _____ Today's Date _____
 Address _____ Day Phone _____
 City/Zip _____ Alt. Phone _____
 Email _____ Date of Birth _____

Have you trained on Pilates equipment before? Yes No

Email is one of the fastest, most cost-effective, and environmentally friendly ways for us to communicate with you. We would like to send you periodic emails and automated phone calls with Y news and special offers. We will never share or sell your email, phone number or address to any third party. You may unsubscribe at any time.

Please do NOT communicate with me by: email phone

AVAILABILITY

Session space and availability is limited. We will try to match your schedule with an open session time. Please indicate your availability and preferred number of participants.

NUMBER PARTICIPANTS DESIRED	DAYS OF THE WEEK AVAILABLE	TIME OF DAY AVAILABLE
<input type="checkbox"/> Private (one-on-one)	<input type="checkbox"/> Monday	<input type="checkbox"/> Early morning (6 - 9 am)
<input type="checkbox"/> Duet (2 participants)	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Morning (9 am - 12 pm)
<input type="checkbox"/> Trio (3 participants)	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Afternoon (12 - 5 pm)
	<input type="checkbox"/> Thursday	<input type="checkbox"/> Evening (5 - 9 pm)
	<input type="checkbox"/> Friday	
	<input type="checkbox"/> Saturday	
	<input type="checkbox"/> Sunday	

Please submit this form to our Membership Desk.
 Questions? Contact our Health & Wellness Director at 408 608 6816.

OFFICE USE:	Rec'd by _____ Date _____
	Entered by _____ Date _____



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

FIT TO THE CORE

Pilates Studio Training
 Reformers, Stability Chairs & Towers
 SOUTHWEST YMCA



Pilates Studio Training

The Reformer, Stability Chair and Cadillac Tower are the primary pieces of large equipment used in Pilates. These multifunctional pieces provide a full-body workout. Using the Reformer, Chair and Tower improves core strength, enhances athletic performance and improves the way your body looks and feels.

Training in our Pilates Studio will help you develop stronger muscles, improve your posture, increase core stability and range of motion in your joints, and promote better balance and flexibility. Pilates Studio Training is a perfect compliment to all types of athletic training and fitness programs. Studio Training is safe and effective for all members: from rehab patients to elite athletes.

Pilates Studio equipment may only be used under instructor supervision.

Our Instructors Are Highly Qualified

All of our instructors have trained at nationally-recognized Pilates Programs – Stott, Balanced Body, Elizabeth Larkam, and Polestar.

Pilates Studio Training Prerequisites

Prior to signing up for the Pilates Reformer Training Sessions, we recommend that members:

Complete at least 8 weeks of Pilates mat classes (if new to Pilates equipment).

– or –

Receive approval from a Pilates instructor.

Questions

For more information regarding our Pilates Studio Training, contact our Health & Wellness Director at 408 608 6816.

Pilates Studio Training Session Policies

You may register for multiple monthly sessions.

All sessions are 55 minutes in length.

Payment in full is required at the beginning of the month or upon commencement of training.

“No shows” will be charged the full amount of the scheduled session.

Instructors for Studio classes may be substituted without notice.

Registration is on a first-come, first-served basis. No holding reservations for sessions.

No on-line registration available.

Please arrive on-time to benefit from your full session.

Our Fees

Please note that Pilates Studio Training sessions are non-refundable.

Facility Member Fees (Monthly)

NUMBER OF SESSIONS (WEEKS)	4	5
Private (one-on-one)	\$200	\$250
Duet (2 participants)	\$100	\$125
Trio (3 participants)	\$80	\$100

Program Member Fees

NUMBER OF SESSIONS (WEEKS)	4	5
Private (one-on-one)	\$200	\$250
Duet (2 participants)	\$120	\$150
Trio (3 participant)	\$100	\$125

A Basic Program Membership is \$25 per year.