

# PILATES REFORMER CLASSES

Increase the challenge to your core strength and stability with added resistance and flowing movement. Reformer classes are limited to five people, so the instructor is able to give additional attention to proper form and technique.

All Reformer classes are \$25/each unless otherwise listed. Classes are reserved for the entire month and paid in advance by the 25<sup>th</sup> of the month prior to class.

## JANUARY Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00			Essential			
8:30				Ess/Int.		
9:30				Interm.		Interm.
10:30			Essential		BEG.	BEG.
11:30						
4:30				Interm.		
5:30	Interm.	BEG.		Essential		
6:30	Interm.	Co-ed	Interm.			
7:30	Essential	Ess/Int.		**Golf Pilates		

Introduction – A one time only class to learn the set-up of the Reformer and a few basic exercises. Held the third Saturday of each month. Once you have participated in this class you will be placed in a Reformer class with others of comparable skill level.

Beginner - First level of Reformer classes, while you learn the basic principles.

Essential - Learn all the essential Reformer exercises.

Intermediate - Add to your essential Reformer repertoire.

**\*\* Pilates for Golf – Special ten week program using both Reformer & Mat based exercises, specifically designed for Golfers. Cost is \$350.00 for ten weeks. We also offer 5 week programs that meet twice a week.**

### MEMORIAL ATHLETIC CLUB

For more information go to [www.fitmac.com](http://www.fitmac.com) or call or e-mail Sue Donahoe at 281-558-6691 (suedonahoe@sbcglobal.net)