Whitaker Wellness Center Pilates Reformer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Multilevel Cheryl 9:30am	Multilevel Tammy 10:00am	Multilevel Cheryl 9:30am	Multilevel Bobbie Lee 10:30am	Multilevel Tammy 9:30am		
	Multilevel Cheryl 10:30am	10,000111).50dH	10.504111).50dill		
Multilevel Bobbie Lee 6:00pm		Level 3 Tammy 6:30pm			4 Session Fackages		
					\$25 per Session		
					No expiration date!		
					Non-Member - \$35 session		
					Introductory	- \$50 session	
					Single - \$35 session		
Private:	Private sessions available. *New classes added as needed.*					Schedule effective as of 07/1/2014	

Class Descriptions

Introduction classes are mandatory for anyone who has never taken reformer previously, Or for anyone who has only had a few classes or (has not taken reformer classes within the last year). (One hour)

<u>Free Demo Classes</u> – A 30 minute demonstration to get a feel for Pilates, as done on the apparatus. (One Free Class Per Person) offered seasonally.

<u>Level One</u> – A class to teach you the fundamentals of movement in relation to the Pilates Method on the apparatus.

<u>Level Two (Intermediate)</u> – This class will continue to build on your fundamentals by teaching more difficult movements as you strengthen the core.

<u>Level Three (Advanced)</u> – After you achieve the fundamentals and strength in the core, this class will continue to challenge you with advanced work.

Multilevel is a class structured to incorporate various fitness levels.

**Reformer classes will incorporate the Reformer and the tower.

**All classes must be paid for in advance.

**Class registration is on a first come, first serve basis

**Classes can be booked three months in advance.

**See the front desk for more details.

**No call, no show appointments will be charged for the session.

**Cancellations must be done 24 hours or more in advance of the class time.

For more information please contact Bobbie Lee Davenport at 239-596-9200 ext 122 or bobbielee.davenport@nchmd.org