

*Pilates Reformer Schedule
Whitaker Wellness Center*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Multilevel Cheryl 9:30 am	Multilevel 11:30 am Bobbie Lee	Multilevel Melanie 10:30 am	Multilevel 11:30 am Bobbie Lee	Multilevel 11:30 am Bobbie Lee	Multilevel Tammy 9:30 am	
Multilevel Cheryl 10:30 am					Multilevel Tammy 10:30 am	
		Multilevel Tammy 4:30 pm				
Multilevel 6:00 pm Bobbie Lee		Multilevel Tammy 5:30 pm				
					<p align="center"><i>4-Session Packages</i> <i>\$25 per session</i> <i>No Expiration Date!</i> <i>Non-Member - \$35/ Session</i> <i>Introductory - \$50/ Session</i> <i>Single Session - \$35/Sessions</i> <i>Private Sessions available</i> <i>Contact Bobbie Lee for more</i> <i>information at 239-596-9200 ext. 122</i> <i>*New Classes Added</i> <i>As Needed*</i> <i>01/01/2015</i></p>	

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)

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

Level 1 – A class to teach you the fundamentals of movement in relation to the Pilates Method on the apparatus.

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

Level Three (Advanced) – 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 use of Reformer & towers,
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 shows will be charged for the session*

**you must cancel at least 24 hours prior to the session*

For more information concerning Pilates Reformer or group fitness please contact
Bobbie Lee Davenport -Group Fitness Coordinator
239.596.9200 ext.122 email: bobbielee.davenport@nchmd.org