

CA Pilates Reformer Group Classes



Effective Tuesday, September 7

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am							
8:30am							Reformer Lvl 1 \$
8:45am						Intro Reformer (last Saturday of the month) 30 min	
9:30am		Reformer Lvl 1/2 \$				Reformer Lvl 1/2 \$	
10am							
10:30am	Reformer Lvl 1 \$		Reformer Lvl 1 \$		Reformer Lvl 1/2 \$		
5:15pm		Reformer Lvl 2/3 \$					

How often should a student practice Pilates?

Ideally, a student should practice Pilates two to three times a week to achieve maximum benefit. Pilates becomes more difficult as a student advances. With practice, the body is trained to engage the proper firing pattern and to avoid cheating whereby the wrong muscle acts as a substitute.

Why are Pilates classes fee based?

Pilates classes involve a carefully designed sequence of over 500 exercises to engage the body and mind. Due to the limited class size and personal attention, Pilates is a specialized form of personal training.

CA Pilates Reformer Group Classes are 55 minutes unless otherwise noted. Register at the front desk or online at ColumbiaAssociation.org.

Columbia Gym
6151 Day Long Lane
Clarksville, 21029
410-531-0800

PILATES REFORMER CLASS DESCRIPTIONS

The Reformer, the most popular piece of equipment, is one of Joseph Pilates' original inventions. Beginning exercise in the horizontal plane relieves the stress and strain on joints and aligns the body before adding more gravitational forces while standing, sitting or kneeling.

Students may not enter Pilates Reformer studio once classes have started.

Reformer \$ • 55 minutes

In a group setting, apply the Pilates methodology as performed on the Reformer and challenge yourself as you lengthen and strengthen your entire body, working with the spring resistance on a movable surface. Classes offered in different levels.

Level 1: Recommended for students with little or no experience.

Includes exercises on the tower

Level 1/2: Recommended for students with some Pilates experience.

Includes exercises on the tower

Level 2: Recommended for students with Pilates experience who want to delve into a more advanced practice. Speak to the Pilates instructor before attending.

Level 2/3: Recommended for advanced students. Speak to the Pilates instructor before attending.

Intro Reformer • 30 minutes • FREE

Recommended for students with little to no Pilates experience. Recommended before attending a group Reformer class. Open to first-time users only.

Aerial Pilates and Chair • 55 minutes

A fusion of classic Pilates and chair exercises adapted to the aerial silks. Use the spring loaded pedal of the Pilates chair as well as the aerial silks to gain strength and length as well as for release work. (Coming Fall 2021)

CA Pilates your way

What is Pilates and what are its benefits? Pilates is a movement system for all ages using a series of exercises designed by Joseph Pilates which “develop the body uniformly, corrects postures, restores physical vitality, invigorates the mind, and elevates the spirit” — Joseph H. Pilates

NEW TO PILATES?

Pilates Primer

This one time option allows you to take three 45-minute sessions at a reduced cost. Your instructor will introduce you to the equipment and identify the best options for you.

Prices

\$150 for CA members

\$180 for non-members

WANT MORE ONE-ON-ONE ATTENTION?

Privates

Private Reformer is one-on-one instruction and great for those who want personal attention or have any health concerns. Sessions are 55 minutes.

Prices for CA members

one session, \$75

four sessions, \$300

eight sessions, \$560

12 sessions, \$780

Duets

Duets Reformer is a class with two participants and is great for friends or family. Sessions are 55 minutes.

Prices for CA members

one session, \$60

four sessions, \$240

eight sessions, \$440

12 sessions, \$600

ARE SMALL GROUP REFORMER SESSIONS MORE YOUR STYLE?

(3-6 students)

Class Packages

Do you want flexibility for which Pilates classes you attend? Members and non-members can purchase class packages or enjoy Pilates on a drop in, space available basis. Sessions are 55 minutes.

10-Class Package

\$299 for CA members, \$339 for non-members

**Unused classes expire 90 days after class package purchase.*

5-Class Package

\$159 for CA members, \$179 for non-members

**Unused classes expire 60 days after class package purchase.*

1-Class Package

\$35 for CA members, \$40 for non-members

**Unused classes expire 30 days after class package purchase.*

Purchase and registration

Class packages may be purchased at the front desk, by calling 410-381-0800, or online at ColumbiaAssociation.org/class/pilates. Members and non-members may register seven days in advance.

Cancellations

You must cancel at least 24 hours before class by calling 410-531-0800 or canceling online; you will receive a verification email. Cancellations occurring less than 24 hours before class will be considered a no-show and will result in loss of session.

Questions?

Call 410-531-0800, or email
Group.Fitness@ColumbiaAssociation.org