

CA Pilates Reformer and FitCore™ Chair Classes



Effective Sunday, January 2

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 \$					
5:45pm				NEW FitCore Chair Pilates (begins 1/27) \$			
6:30pm	NEW FitCore Chair Pilates (begins 1/24) \$						

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 and FitCore Chair classes are 45 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.

NEW! FitCore Chair Pilates • 45 minutes

Take the ultimate challenge as you sit, squat, stand, lunge, press, push, and demand more from every move. Integrate traditional Pilates with fitness and fusion favorites. Move on and off the pedal continuously and force your deep stabilizers into action.

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

SPECIAL
FITCORE™
CHAIR
10%
DISCOUNT
through 2/28/22

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
\$10 more per session for non-members

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
\$10 more per session for non-members

ARE SMALL GROUP REFORMER SESSIONS MORE YOUR STYLE?

(3-6 students)

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.

Reformer Class Packages

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 90 days after class package purchase.*

1-Class Package

\$35 for CA members, \$40 for non-members
**Unused classes expire 90 days after class package purchase.*

FitCore Chair Class Packages

Sessions are 45 minutes.

10-Class Package

\$180 for CA members, \$200 for non-members
**Unused classes expire 90 days after class package purchase.*

5-Class Package

\$95 for CA members, \$105 for non-members
**Unused classes expire 90 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. Drop ins on a space available basis.

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