

Introduction to Reformer:

An intro to intermediate approach to learning and using the principles of Pilates as you stretch and strengthen your entire body for a full workout. These classes are made for everyone. Athletes, pre/post surgery, seniors, post pregnancies, and more.

Pilates Reformer:

Incorporate all principles of Pilates as you stretch and strengthen for a full body workout.

Circuit Reformer:

Utilize a combination of Pilates apparatus and accessories for a well-rounded workout.

Demo Night (Free with RVC membership):

A small "taster" to feel out the class and try a few exercises. No experience required. We ask that members or non-members take this only one time. If you're new to pilates, you'll still have to complete a 3 session intro pack before joining a regularly scheduled reformer class.

Fundamentals of Mat Pilates (Free with RVC membership):

This program emphasizes the core muscles, improving posture and spinal support. This class works the abdominals, back muscles, and helps to improve flexibility.

Pilates Mix (Free with RVC membership):

This full body workout appreciably challenges core strength, dynamic stability, and coordination. Fit for anyone and will uniquely build strength and improve flexibility. This class uses props like foam rollers, bands, and balls.

Classic Pilates Mat (Free with RVC membership):

Includes variations of basic Pilates Movements by using props and light weights. We will provide modifications for beginners or for those with physical limitations. This incredible class is challenging yet a safe method to sculpt your body. You feel increased agility in your everyday movements!

Pilates in Water (Free with RVC membership):


This class focuses on basic Pilates core stabilization exercises adapted to water. Pool Pilates is a safe, effective way to strengthen and mobilize your body while minimizing joint stress. All levels welcome.

Pilates Balance in Water (Free with RVC membership):

Pilates Balance in Water is an advanced version of Pilates in Water. You will challenge your strength and stamina as you will minimize joint stress from the buoyancy of the water. Prior Pilates or Pilates in Water experience recommended.



Centering. Concentration. Control. Precision. Breath. Flow.

 *Intro 3 Pack	\$270 M	\$350 NM
 1 Pack	\$29 M	\$38 NM
 6 Pack	\$150 M	\$194 NM
 12 Pack	\$279 M	\$363 NM
 24 Pack	\$528 M	\$688 NM

[Enroll online: RiverValleyClub.com/Pilates](https://RiverValleyClub.com/Pilates)

*The Intro 3 Pack is a requirement to all Pilates Reformer and Circuit Classes. During the 3 sessions, you will be guided one-on-one by a certified Pilates Instructor in the top basic pilates movements and positions.

To schedule your sessions, contact Katherine Grainger at katherine.grainger@rivervalleyclub.com



March 2020

**classes with an asterisk require pre-payment and enrollment online/our mobile app.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:30 - 8:30 Hot Mat Pilates Yoga Studio Sara Grote		7:30 - 8:30 Hot Mat Pilates Yoga Studio Sara Grote			
	8:30 - 9:30 Pilates in Water Recreation Pool Karen Zook	8:30 - 9:30 Hot Mat Pilates Yoga Studio Teresa Urnezis	8:30 - 9:30 Pilates Balance in Water Recreation Pool Karen Zook	8:15 - 8:45 Demo (FREE!) Pilates Studio Teresa Urnezis		
9 - 10 Introduction to Reformer* Pilates Studio Teresa Urnezis	9 - 10 Circuit Reformer* Pilates Studio Marie White	9 - 10 Pilates Reformer* Pilates Studio Karen Zook	9 - 10 Circuit Reformer* Pilates Studio Marie White	9 - 10 Introduction to Reformer* Pilates Studio Teresa Urnezis		
10 - 11 <i>(begins 3/23)</i> Pilates Reformer & Apparatus Group Training* Pilates Studio, Karen Zook			10 - 11 <i>(begins 3/26)</i> Pilates Reformer & Apparatus Group Training* Pilates Studio, Karen Zook			
		11 - 12 Classic Pilates Mat Pilates Studio Karen Zook				
	12 - 1 Pilates Mix Yoga Studio Teresa Urnezis	12 - 1 Pilates in Water Recreation Pool Karen Zook	12 - 1 Pilates Mix Yoga Studio Teresa Urnezis			
5 - 5:30 Demo Night (FREE!) Pilates Studio Karen Zook						
5:45 - 6:45 Pilates Reformer* Pilates Studio Karen Zook	5:30 - 6:30 <i>(begins 3/24)</i> Pilates Reformer & Apparatus Group Training* Pilates Studio, Noriko Tani	5:45 - 6:45 Pilates Reformer* Pilates Studio Karen Zook	5:30 - 6:30 <i>(begins 3/26)</i> Pilates Reformer & Apparatus Group Training* Pilates Studio, Noriko Tani			