

# APRIL 2021



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

 <b>*Intro 6 Pack</b>	\$348 M	\$450 NM
 <b>6 Pack</b>	\$150 M	\$194 NM
 <b>12 Pack</b>	\$279 M	\$363 NM
 <b>24 Pack</b>	\$528 M	\$688 NM

**Purchase packages and sign up for classes on the RVC Mobile App. Learn more about RVC Pilates at [RiverValleyClub.com/Pilates](http://RiverValleyClub.com/Pilates)**

The air completely exchanges every 5 minutes in our state-of-the-art Pilates Studio. Visit our website to learn more about our air exchange systems through the Club. All classes are currently limited to five participants and one instructor.

If you have any questions, please email our Group Exercise Coordinator, Amy Fortier, at [RVCGroupExercise@RiverValleyClub.com](mailto:RVCGroupExercise@RiverValleyClub.com).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10:00 - 11:00am Pilates Reformer Teresa Urnezis	10:00 - 11:00am Pilates Reformer Marie White	10:00 - 11:00am Pilates Reformer Teresa Urnezis	10:00 - 11:00am Pilates Reformer Marie White
			4:30 - 5:20pm Power Reformer Marie White

### Power Reformer:

This athletic version of our classic reformer class is created to challenge the body and mind at optimal levels. By taking traditional and not so traditional Reformer exercises and adding additional challenges by incorporating weights, therabands and iso-balls. The result? A deep level of intricate muscle toning, sculpting the body, strengthening the core. Improving posture, flexibility and the mind/body connection. This 50 minute class will leave you challenged, chiseled and sweaty.

### Pilates Reformer:

Pilates Reformer classes offer all the benefits of traditional mat Pilates while using a specialized piece of equipment called the reformer. The reformer is a bed-like frame with a flat platform on it, called the carriage, that rolls back and forth on wheels within the frame. The carriage is attached to one end of the reformer by a set of springs. Most Pilates reformer exercises involve pushing or pulling the carriage or holding the carriage steady as it is pulled on by the springs. The springs can be adjusted to change the resistance and thereby personalize the exercises to your own level. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the footbar, perched on the footbar, perched on the shoulder blocks, with additional equipment, upside down, sideways, and many other variations. The wide variety of exercises that can be done on the reformer promote length, strength, flexibility, and balance. These important aspects of fitness lead to better posture, graceful and efficient movement, and even potential relief from pain associated with physical imbalances and tension.

### Introductory 6 Pack:

For the first three sessions of the 6 pack, you will meet with one of our Certified Pilates Instructors one-on-one and be guided through basic Pilates movements, settings and positions. These personalized sessions will help you figure out your individual settings on the Reformer, provide you and our instructors with information about your alignment, and ensure that you understand how to use this piece of equipment when you move to the group setting.