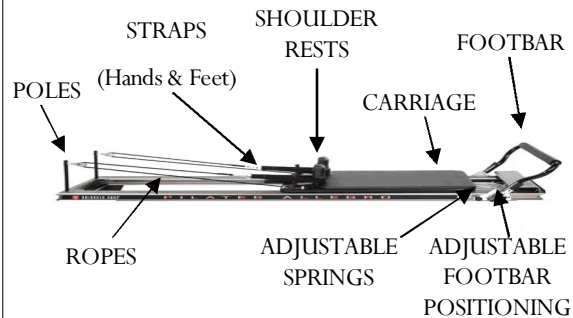


*“IN ORDER TO ACHIEVE
HAPPINESS YOU MUST GAIN
CONTROL OVER YOUR BODY”*

JOSEPH H. PILATES



Benefits of the Pilates Reformer

- Improve flexibility and allow joints to work through full range of motion
- Build endurance and strength
- Improve core stabilization
- Create a longer, leaner, more balanced body
- Improve mobility in feet and ankles
- Improve posture
- Balance the weaker parts of your body
- Improve quality of life

There is no other exercise system that is as gentle to your body while giving it a challenging workout!

Reformer Trainers

Michele Boser

Jane Bosse

John Farmer

Jen Jura

Patty Kenter

Jo Anne Nugent

Marie Stitzel

Dove Wong

TriHealth



Fitness & Health
Pavilion

www.trihealthpavilion.com

TriHealth Fitness & Health Pavilion

6200 Pfeiffer Rd

Cincinnati, Ohio 45242

For more information contact the
Group Fitness coordinator @ 985-6730 or
Group Fitness technician @ 985-6759

TriHealth



Fitness & Health
Pavilion

PILATES REFORMER TRAINING



**PRIVATE SESSIONS
SEMI-PRIVATE SESSIONS
AND
CLASSES AVAILABLE**

For more information or to
sign up, please call

(513) 985-6730

TRIHEALTH FITNESS & HEALTH PAVILION PILATES REFORMER TRAINING

ABOUT

PILATES REFORMER

Pilates Reformer is an exercise system designed to transform the way your body looks, feels, and performs. It builds strength without excess bulk, creating a sleek toned body. It teaches flexibility and good posture focusing on your “core” or center of the body, predominantly abdominals, back, and thighs. Professional dancers have used the reformer for decades. The Pilates Reformer is an excellent exercise for all ages and abilities from top athletes to people just starting a workout regimen. The Pilates Reformer is gentle on your body, yet it is a challenging workout. Most of the exercises are low impact making the Pilates reformer one of the safest most effective ways to exercise.



PRICING FOR PRIVATE &

SEMI-PRIVATE

(MEMBERS ONLY)

Private

Package 1: 1 single session	\$50.00
Package 2: 4 sessions	\$188.00/47.00*
Package 3: 8 sessions	\$360.00/45.00*
Package 4: 12 sessions	\$504.00/42.00*

*indicates per session prices

Semi-private(2 or 3 people)

Package 1: 1 single session	\$37.00 per person
Package 2: 4 sessions	\$139.00/34.75*
Package 3: 8 sessions	\$266.00/33.25*
Package 4: 12 sessions	\$372.00/31.00*

*indicates per person prices

~The Introductory series is not required for privates. Time and space is limited, please check Studio B schedule for open availability. Please fill out a [Privates Information Sheet](#), located at the front service desk and return to the front service desk. We will find a trainer that suits your needs and goals. A trainer will contact you to set up your sessions. Please note: There a 24-hour cancellation policy. You must provide a minimum of 24 hours notice to cancel a private session or you will be charged for the session.

PRICING FOR CLASSES &

INTRODUCTORY SERIES

Introductory series

(a series of 4 private sessions)

Member:	\$150.00
Nonmember:	\$200.00

Classes

1 class: \$25 Member

\$35 Nonmember

5 class pass: \$115 Member

\$165 Nonmember

10 class pass: \$200 Member

\$300 Nonmember

~The introductory series is a series of four private sessions to introduce you to the reformer and prepare you to participate in a reformer class. Please fill out an [Introductory Series Information Sheet](#), located at the front service desk and return to the front service desk. A trainer will contact you to set up sessions. Time and space is limited, please check Studio B schedule for open availability. After you have completed the introductory series, you are able to participate in the reformer classes.

~When taking Reformer classes, please sign up at the front desk up to one week in advance. We must have a minimum to two participants in a class or the class will be cancelled. Please note: There is a 24-hour cancellation policy. You must provide a minimum of 24 hours notice to cancel your space in the class or you will be charged for the class.