



**REFORMER  
INTRODUCTORY SERIES  
INFORMATION SHEET  
FIRST TIME PARTICIPANTS**

Dear Member/Nonmember,

If you are interested in a Reformer Class, please complete this sheet and return to the front service desk. The Group Fitness Coordinator will follow-up with you.

Thanks,  
Group Fitness Department

**Prices for Introductory Series (4 Private sessions)\***

Member: \$150.00

Nonmember: \$200.00

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\*This is a one time series only. Once completed, you can enter any Reformer class.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Work: \_\_\_\_\_

Email: \_\_\_\_\_

**Preference on Introductory series training sessions:**

Days: \_\_\_\_\_ Times: \_\_\_\_\_

Do you have experience with:    Pilates Mat    Pilates Reformer

If you have taken Reformer classes, how long have you been taking them? \_\_\_\_\_

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**REMINDER – You must have completed the Introductory Series before taking a Pilates Reformer Class. Thank you.**

**PLEASE RETURN THIS FORM TO THE FRONT DESK.  
THE GROUP FITNESS COORDINATOR WILL BE CONTACTING YOU.**