

GROUP PILATES REFORMER TRAINING
Four Seasons II Health Club
2401 Airport Road, Bloomington, IL. 61704
Spring Session II ; MARCH 3 – MAY 4, 2014 (9 weeks)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30AM Donna			6:30AM Carol		
9:00AM Donna					8:00AM Shannon	
4:30PM Shannon		4:30PM Shannon				3:30PM Carol
5:30PM Shannon	5:30PM Carol					
6:40PM Anne	6:30PM Carol					



Pilates Reformer classes are personal training services. Classes are \$12/each when enrolling in a full session. Walk-in's are \$15/each, and are at the discretion of the Trainer. Make-up's are arranged through the Reformer Trainers, and are not guaranteed. Please register before December 8. After 12/8/13, only the walk-in option will be available. Sorry, no refunds.



CORE: The central, innermost, or essential part of anything.

The Pilates Reformer program at Four Seasons offers all the famous benefits of Pilates including overall strength, flexibility, coordination, and balance. Reformer results include flat abs, strong backs, toned buttocks and thighs that are essential for a strong core. Using the unique Pilates Reformer equipment creates muscle isolation within a varied exercise environment.

"Reformer classes (at Four Seasons) have helped me find my core again, increased my strength and flexibility. The instructors tailor the classes to fit the participants' needs and improve problem areas. The classes are challenging and enjoyable!"

~Four Seasons Member Annie Holdren

Take your workout to a new level by enrolling in our Pilates Reformer program. Our instructors are certified Personal Trainers who also have Pilates Reformer Instructor certifications. The dedicated Pilates Reformer Studio has Towers, Chairs and Arc equipment! See fast results and stay motivated under the guidance of our qualified instructors and top-notch equipment!

The Pilates Reformer is becoming a key component to many rehabilitation clinics, as more and more professionals such as physical therapists, chiropractors and osteopaths incorporate the Pilates approach as complementary to their specialties

HEALTH HISTORY QUESTIONNAIRE

Members who wish to participate in Pilates Reformer will be asked to fill out a Health History Questionnaire (HHQ) prior to starting any sessions. This form identifies risk factors for cardiovascular disease and will indicate whether obtaining physician clearance is necessary based on current health status. Once we receive the completed form, WE will contact your physician for clearance (if needed).

For more information on how to receive a FREE trial on the reformer, please contact a Manager on Duty (309) 661-8611.