



GROUP PILATES REFORMER TRAINING

**Four Seasons II Health Club
2401 Airport Road, Bloomington, IL 61704
July-September 2015**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00AM Donna	6:30AM Donna	6:00AM Beginner Class Kristen		6:30AM Donna	8:00AM Donna	
5:30PM Carol	5:30PM Carol	10:30AM Donna		10:00AM Donna		
6:30PM Anne	6:30PM Carol (September Start)	11:30AM Beginner Class Donna				
		Advanced 4:30PM Shannon				
		5:30PM Shannon	5:30PM Kristen			5:15PM Carol



Pilates Reformer classes can be purchased in packages based on the number classes. There are three options for packages, Reformer 1, Reformer 2 and Reformer 3. Reformer 1, will include 4 classes (\$15 each) at \$60, Reformer 2, 8 classes (\$12 each) at \$96 and Reformer 3, 12 classes (\$10 each) with a total of \$120. Walk-in's are \$15/each, and are at the discretion of the Trainer. Classes may be canceled due to low participation. No refunds will be issued except for medical reasons approved by the Program Manager. Please ask the front desk for a complete list of Pilates Reformer policies.

Updated 7/1/2015



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 classes. 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 Demo on the reformer,

Please contact Samantha Fleming at (309) 661-8611 ext. 255