



## **GROUP PILATES REFORMER TRAINING**

**Four Seasons II Health Club  
2401 Airport Road, Bloomington, IL 61704**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>6:30AM Kristen</b>	<b>6:30AM Kristen</b>			<b>6:30AM Kristen</b>		
	<b>9:00AM Carol</b>		<b>8:30AM Carol</b>			
		<b>Advanced 5:00pm Shannon</b>				
<b>5:30PM Carol</b>	<b>5:30PM Carol</b>					
<b>6:30PM Anne</b>	<b>6:30PM Carol</b>					



Pilates Reformer classes are purchased in packages based on number of classes. There are three package options:

**Reformer 1**, 4 classes (\$15 each) for **\$60**

**Reformer 2**, 8 classes (\$12 each) for **\$96**

**Reformer 3**, 12 classes (\$10 each) for **\$120**

Walk-in's are **\$15/class** and are at the discretion of the Trainer based on availability. Classes may be canceled due to low participation. No refunds will be issued expect for medical reasons approved by the Program Manager. Please ask the front desk for a complete list of Pilates Reformer policies.

*Updated 8/21/2015*



## **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 Brandi Kimball at (309) 661-8611 ext. 226**