



300 Hollywood Way, Hollywood, FL 33021
954-265-5800 x2

Pilates Reformer at Memorial

Pilates: a method of exercise and physical movement designed to stretch, strengthen, and balance the body utilizing a systematic practice of specific exercises coupled focused breathing patterns.

Class types:

-Intro

This Pilates Intro class, led by a Certified Pilates Instructor, will introduce a participant to the workings of the Pilates apparatus as well as discuss a basic understanding of Pilates exercises. This class will ready the participant for Level 1 classes.

-Level 1

This class, led by a Certified Pilates Instructor, has the basic framework on which all Pilate's levels will build. The participant will learn the correct technique to enhance a Pilates workout and to understand Pilates cueing. Reformer, tower and small apparatus will be used.

-Level 2

This class, led by a Certified Pilates Instructor, will increase the challenge for the participant while drawing on basic framework. Emphasis is placed upon proper Pilates mechanical technique and form. Reformer, tower and small apparatus will be used.

-Pilates Principles

Learn the Pilates program for body awareness, strength, flexibility and coordination. After completing these sessions, clients will be able to advance into P*2 comfortably.

-Interval

Designed for clients that want a more intense workout. Still relying on the basic principles of Pilates, adding more integral movements and held for longer and more repetitions. This class is most suited for the participant that has completed at least a 30 Pilates session and wants to take it to the next level.

-Pilates Squared P²

A specialty Pilates Reformer class, set to meet twice a week for 6 weeks, in which you will learn to work the deeper muscles of the core, improve posture awareness, alleviate neck, back and shoulder aches, and improve body movement. Led by a certified Pilates Instructor.

-Team Reformer Training

A training and conditioning group reformer class utilizing a creative, innovative and functional training movement. This small group reformer workout will expend calories, strengthen and tone muscles while increasing flexibility. (4 week sessions) Led by a personal trainer with a Pilates Reformer Certificate.

-Triple Threat

An interval Pilates class utilizing the cardio component with the jumping board. The class will be staged in 3 different jump board sequences with reformer movements and exercises in between. The class will finish off with a tower workout and gentle stretch. Meets once a week for 6 weeks.

** Certified Pilates Instructor – Diana, Rosi, Janet, Joann, Everlea, Cathy and Hailey

**Personal Trainer with Reformer Certificate - Lori, Tonii, Michelle and Belinda

Fee Schedule

Private

Private Pilates	Certified Pilates Instructor		Reformer Certif. Personal Trainer
	Member/Non-mem.		Member
Single	\$70	\$80	\$55
Pkg of 5	\$310	\$360	\$260
Pkg of 10	\$600	\$720	\$500
Pkg of 20	\$1,000	\$1,200	\$880

Duets

Duets Pilates	Cert. Pilates Instr. Member/Non-mem.	
Single	\$40	\$50
Pkg of 5	\$170	\$230
Pkg of 10	\$300	\$420

Group Pilates Reformer

	Member	Non-Member
Single	\$26	\$30
Pkg of 5	\$120	\$140
Pkg of 10	\$220	\$260
Pkg of 20	\$400	\$425

Specialty Classes

Pilates Squared P²	
6 week sessions – twice a week \$180 members, \$200 non-members	
6 :00 am	Tuesday & Thursdays
9:30 am	Tuesday & Thursdays
4:00 pm	Tuesday & Thursdays
5:00 pm	Tuesday & Thursdays
7:00 pm	Tuesday & Thursday
9:30 am	Monday & 10:30 am Wednesdays
8:30 am	Wednesday & Friday
9:30 am	Wednesday & Friday
5:30 pm	Monday & Wednesdays
Triple Threat	
Meets once a week for 12 weeks,	
7:30 pm	Monday
9:00 am	Saturday
10:00 am	Saturday

Team Reformer Training (TRT)		
See front desk for times and dates		
TRT length	Frequency	Fee
30 minute	1 x a week	\$30
30 minute	2 x a week	\$60
60 minute	1 x a week	\$60
60 minute	2 x a week	\$120

Pilates Reformer Policies and Guidelines

Scheduling Policy-

-Advanced scheduling for classes – payment required to sign-up for packages or TPT classes.

-Package expiration – Class/private session package are valid for 6 months from purchase date.

-Team Reformer Training or Summer Pilates Series – Due to the time consideration to schedule these cost effective classes, please only sign up if you can make all classes in that specific session. Make ups are not possible.

-Vacation hold – with advance notice to the staff, you may freeze your Pilates Private or Pilates Group package for the duration of your trip.

Cancellation Policy-

-There is no charge for cancellations made 24 hours in advance of the appointment.

-Cancellations less than 24 hours before appointment will be charged in full.

-Memorial does not offer refunds but will work with each patron to get the most productive use out of their wellness dollar.

Class Policy-

-Please arrive on time. If you arrive late, it will be at the discretion of the instructor as to whether or not you will be allowed to enter class.

-If you are more than 10 minutes late for a class, you will not be allowed to participate and your place in class may be given to someone on the wait list.

-Please turn off cell phones before entering class.

-Please refrain from chewing gum while in class.

-Appropriate attire required. No loose fitting shorts or tops without tight fitting undergarments.

-In appreciation to those who are sensitive to colognes, perfumes or scented lotions, please refrain from wearing items with strong scents and please participate with a clean body. Every instructor also appreciates clean feet!

-Please be courteous and quiet when class is in progress. Conversations are to be taken outside of the studio.