

PILATES REFORMER

August 2017 Class Schedule

Last day to register for classes is Friday 8/4/17.

Monday	Tuesday	Wednesday	Thursday	Friday
		10:00-10:50AM Reformer Class Kim 5 X \$15 = \$75		11:00-11:50AM Reformer Class Diana 5 X \$15 = \$75
2:10-3:00PM Reformer Class Kim 3 X \$15 = \$45 <i>(Facility Closed 8/21)</i>	1:30-2:20PM Reformer Class Diana 5 X \$15 = \$75		1:00-1:50PM Reformer Class Diana 5 X \$15 = \$75	
4:10-5:00PM Reformer Class Diana 3 X \$15 = \$45 <i>(Facility Closed 8/21)</i>	4:00-4:50PM Reformer Class Diana 5 X \$15 = \$75			
		6:30-7:20PM Reformer Class Diana 5 X \$15 = \$75		

- ❖ **Reformer Class** - No matter what your age or condition, it will work for you! Pilates improves core strength, flexibility, agility and balance. It can even help alleviate back pain and other chronic ailments.
- ❖ **FREE Pilates Reformer Intro class** - Interested in the Pilates Reformer Program? Join us for an Introduction Class to try out the equipment and learn about the workouts. An intro class is required to register for a class session. Please contact us at **348-5131** or whitney.pape@ua.edu to set up an appointment.
- ❖ If any monthly class times don't fit your schedule, we also offer Individual, Partner and Group sessions.
- ❖ All classes are located in the Pilates Reformer studio located between the Women's locker room and Personal Training studio at the Student Recreation Center.
- ❖ Pilates Reformer services require a membership to The Student Recreation Center.
- ❖ Visit the Membership Office during normal business hours for more information on registration.
- ❖ Registration for classes will open two weeks prior to the first of the month and close on the first day of the month. The minimum number to hold a class is two participants.