

## PILATES REFORMER



### WHY PILATES REFORMER?

Reformer training builds core strength, promotes better posture, balance and pain-free movements through stronger joint range of motion and muscular contraction. This style of training increases body awareness, strengthens bones, prevents injuries, enhances day-to-day movements and overall performance while improving flexibility, balance and strength. Movements are adaptable to every body. Our certified instructors are committed to your success, needs and goals.

### IS PILATES REFORMER FOR YOU?

Yes! Whether training for performance, rehabbing an injury or simply wanting to become stronger, reformer training can be added to anyone's fitness routine to help them train better, feel better and move better. Regardless of your fitness goals, adding reformer training to your routine can improve your internal and external strength.

### PILATES REFORMER DESCRIPTIONS

#### Reformer Strength: Introduction Package

Strengthen your knowledge of reformer training! Three, 30-minute or 60-minute private Pilates Reformer sessions introduces equipment to the new student. Learn about the reformer and how to complete fundamental movements that will increase your strength, range of motion, balance and endurance on the reformer.

#### Reformer I Class

This 50-minute Reformer I Class incorporates and builds on exercises learned in Reformer Strength. Movements begin to flow one from another, and includes a minimum of: footwork, bridges, kneeling, and supine poses. Pilates props are included to further engage, challenge and encourage core control, while increasing strength. Participants will leave class feeling the benefits of their aligned strength and increased muscular activation.

#### Reformer II Class

This 50-minute Reformer Class continues to build on exercises previously experienced in Reformer Strength and I. Participants are introduced to more challenging positions on the reformer. Advancements in kneeling and standing positions increase strength and balance. Pilates props are used to increase coordination, balance, strength and posture.

### WHERE DO PILATES REFORMER SERVICES OCCUR?

One-on-one sessions occur in the private Pilates room located between the locker rooms. Classes and tandem sessions occur in Studio 4, located just to the south of the lobby seating area.

**For More Information: Contact Madonna Wellness Club Fitness Manager at 402.413.4012.**



**MADONNA  
REHABILITATION**

Wellness Club

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## WHAT IS A PILATES REFORMER?

Pilates Reformers are a unique and specialized type of equipment. Reformers are a pulley-like system with a carriage. At times the carriage is referred to as the “bed.” The equipment design allows for low-impact muscular lengthening and full range of motion. Movements can be performed laying down, kneeling or standing on the carriage. There are handles for stability or to incorporate upper body movements. Lower body, upper body and core movements can be performed on a reformer for a full-body workout.

## WHAT OPTIONS ARE AVAILABLE?

- One-On-One Private Session: Ideal for those with specific concerns, conditions, injuries, fitness goals, and those new to reformer training. 30-minute and 60-minute sessions available.
- Small Group & Class: Perfect for those with some reformer experience, want to practice with a friend, or those who enjoy exercise in a small group, individualized setting.

## WHAT IS THE COST OF PILATES REFORMER SERVICES?

	Member	Non-member
<b>50 Minute Group Class</b>	\$25 Per Class	Class 3-Pack: \$150 1 class \$50 4 classes \$192 8 classes \$368 12 classes \$528
<b>30 Minute Private Session</b>	Introductory 3-Sessions: \$105 Session Bundle: Price per Session: 1 - 5 \$45 6 - 11 \$39 12+ \$37	Session Bundle: Price per Session: 1 - 5 \$65 6 - 11 \$62 12+ \$59
<b>60 Minute Private Session</b>	Introductory 3-Sessions: \$165 Session Bundle: Price per Session: 1-5 \$70 6 - 11 \$65 12+ \$60	Session Bundle: Price per Session: 1 - 5 \$90 6 - 11 \$85 12+ \$80