

PI^IATES



New Hope Pilates Reformer Schedule 1/5/2019

Monday

8:00am Tabata Pilates Reformer with Bob Lonsdale
9:15am Reformer with Bob Lonsdale
5:30pm Reformer with Bob Lonsdale

Tuesday

9:15am Classic Reformer II with Marie Stryjak
10:30am Reformer Therapeutics with Marie Stryjak
5:00pm Beginner Classic Reformer with Marie Stryjak
6:00pm Classic Reformer I with Marie Stryjak

Wednesday

8:00am Classic Reformer II with Marilyn Sanders
9:15am Reformer with Bob Lonsdale
10:30am Beginner Classic Reformer with Marilyn Sanders

Thursday

8:45am Reformer with Nancy Dales
10:00am Classic Reformer I with Marie Stryjak
11:00am Classic Reformer I with Marie Stryjak
6:00pm Classic Reformer I with Marie Stryjak

Friday

8:00am Reformer with Bob Lonsdale
9:15am Tabata Pilates Reformer with Bob Lonsdale

Saturday

9:00am Reformer with Nancy Dales
10:15am Reformer Fundamentals with Nancy Dales
(1st Saturday of the month only)

Sunday

11:00am Reformer with Dawn Greenly

Why Pilates?

It truly "reforms" your body and the way you move! The Pilates Method is a unique and extremely effective exercise system that is appropriate for all fitness levels. It will create longer, leaner, and stronger muscles, with emphasis on core strength, flexibility, and controlled movement.

What makes the Pilates Studio at Cornerstone special?

Pilates at Cornerstone provides our clients with exceptional instruction by our highly trained staff in a supportive and caring atmosphere. We offer an extensive and diverse schedule of classes that are accessible for every ability level, including private and small group instruction.

Class Descriptions:

Classic Pilates Method, developed by Joseph Pilates, follows principles, both philosophical and theoretical, that Pilates refined over a period of 60 years. Classes taught in this style include his original exercises and concepts. The many benefits of Classic Pilates include longer, leaner muscles, improved posture & balance, increased core strength & stability, and muscular strength & flexibility.

Reformer is a bridge between fitness training and the Classic Method. Benefits include a combination of the stability, muscular lengthening and flexibility of Pilates, with the added elements of strength and cardiovascular training.

Reformer Therapeutics is a perfect method of exercise for those coming back from an illness or injury. In addition to all of the other benefits of Reformer, this class focuses on correcting muscle imbalances, increasing flexibility and deepening the connection to the breath.

Tabata Pilates Reformer is a specialized class that adds an interval training component for increased cardiovascular benefits.

Class Reservations:

Members may sign up for a Pilates studio class one week and one hour prior to the scheduled class. One call per household only. Guests may sign up 25 hours in advance of class. Please call the Service Desk to make your reservation. *Please be courteous to your fellow members and arrive to class on time and notify us if you need to cancel your reservation. Thank you!*

Cancellation policy:

Please cancel your reserved space at least 2 hours before the start of the class. Any reserved space not cancelled will be charged to your class card.

Getting Started:

Reformer Fundamentals class is NOT required prior to signing up for regular reformer classes (see schedule on the reverse side), but is strongly recommended. Instruction in machine set up and safety, proper body mechanics, form and breathing will be provided. Advance registration is required; \$10 fee is required for members or non-members at time of registration. Please see member services or a wellness coach to sign up.

Fees:

Members:	1 class	\$16	Non-	1 class	\$30
	6 class card	\$90	Members:	6 class card	\$150
	12 class card	\$168		12 class card	\$270

**Pilates class cards do not expire.*

www.cornerstoneclubs.com

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