

GROUP EQUIPMENT CLASSES

(See monthly schedule for days and times)

- **Four (4) Class Package \$80**
- **Individual Class \$25**

SEMI-PRIVATE SESSIONS

Scheduled for 2 or 3 individuals on their choice of days and times (based on availability)

- **\$30 per person/session**

PRIVATE SESSIONS

Recommended for first time students and individuals with special conditions

- **Individual one-hour Private Lesson \$60**
- **Four (4) Session Package \$220**

Pre-scheduled Appointments

Required For All Equipment Classes

Call 412-856-3930 ext.184

*Packages must be paid in full at time of purchase and are non-refundable and non-transferable; and are valid for six months from date of purchase. Group Class Packages may be used in any combination of equipment classes appearing on the schedule. Group classes and individual lessons must be scheduled in advance, 24 hour notice is required for cancellation of any appointment to avoid being charged.

***Non-members-additional \$10 per session**

FREE MAT CLASSES

A great workout to add to any fitness routine.

Have fun on the mat using balls, thera-bands and Pilates Magic Circles while you achieve core strengthening and increased flexibility.

EQUIPMENT CLASSES

The Pilates Studio and Equipment may only be utilized under the supervision of a Pilates Instructor in a class setting. Pilates equipment offers multiple health and fitness benefits, for all body types and any fitness level.

GROUP EQUIPMENT CLASSES

Up to six (6) participants per class with similar levels of equipment experience working on the Reformer or Tower Equipment.

See schedule for classes.

PRIVATE LESSON

One-on-one session with an instructor, provides individual focus and complete attention to your own physical condition and fitness goals.

The best way to begin!

Additional Charges apply to all

Pilates Equipment Classes

You will
Feel
Stronger,
Taller,
Leaner,
And More
Invigorated
After Just
One
Session!

Pilates Studio

FREE Demo Session for
New Members!

Open to the Public!

Call 412-856-3930 Ext.184 for details.

the Club
Sport & Health
One Membership, More Options, More Fun!

What to expect from Pilates

If you're interested in adding some diversity to your workout routine you may want to consider Pilates. Developed in the 1920's by Joseph Pilates, it a series of movements designed to stretch and strengthen muscles without putting stress on joints or ligaments.

Who benefits from Pilates?

Just about everyone can benefit from some form of Pilates exercise! The main benefit of Pilates is how well it conditions lower-back and abdominal muscles, making the center of your body (generally the weakest area) more functional and less susceptible to injury. In fact, anyone who participates in a sport or activity can significantly improve their performance by adding Pilates to their lifestyle.

Many people use Pilates after injury or surgery as a bridge from physical therapy to their regular exercise. For others, Pilates may reduce many common aches and pains by addressing posture and imbalances, leaving them feeling better than ever!



Mat Pilates vs. Pilates Equipment:

Most Pilates equipment uses springs to offer resistance training of a type that is unique to the Pilates Method. Pilates equipment teaches your body *how to move* with exercises designed to utilize your own body as part of your resistance training program. This form of resistance training builds supple strength without bulk.

The Studio Equipment

Joseph Pilates designed the Reformer to be a complete workout apparatus for dozens of Pilates exercises. Each session is a specially designed sequence of exercises which allows muscles to fire to give you maximum benefit. Literally at the “center” of each movement is your “core”, or “powerhouse”, comprised of the lower back and abdominals.

This translates into improved movement, balance, posture a breathing.

The Cadillac and Tower are designed to correct particular imbalances and to help students move more quickly toward a more efficient and uniformly developed body.



Why you will FEEL and LOOK better:

Breathing

Correct breathing oxygenates the blood and increases circulation.

Centeredness

Your “center” is the foundation for all of your movements.

Control

Pilates requires the complete control of your body by your mind.

Precision

Precision movement elevates the benefits of each exercise from superficial to intense.

Flow

In a Pilates workout the flow of movements will improve your balance and coordination.

Concentration & Focus

Each movement, form and breath are coordinated to create a smooth, precise routine.

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