

REFORMER PILATES

FALL 2017 SESSION 1

REGISTRATION: MON., AUG. 21 - WED., AUG. 30

The Reformer Pilates program classes are sold in sessions. By registering for a class you are committing to the same days/times throughout the session. Registration is taken on a first-come, first-served basis and is limited to 5 participants per class. Pre-registration is required for all Pilates classes. Exceptions may be made for spots open ONE WEEK past the registration deadline. **Make-up sessions for missed classes are not guaranteed, and no refunds will be given.**

INTERMEDIATE

MONDAY

SEPT. 11 - OCT. 16

6 - 7 P.M. (Anne)

MON/WED

SEPT. 6 - OCT. 16

9 - 10 A.M. (Megan)

WEDNESDAY

SEPT. 6 - OCT. 11

6 - 7 P.M. (Ingrid)

TUES/THURS

SEPT. 5 - OCT. 12

6:30 - 7:30 A.M. (Leslie)
6 - 7 P.M. (Ingrid)

PROGRAM FEES

TWICE PER WEEK

UM STUDENT \$139

NON-STUDENT MEMBER \$159

NON-MEMBER \$199

ONCE PER WEEK

UM STUDENT \$69

NON-STUDENT MEMBER \$79

NON-MEMBER \$99

MULTI-LEVEL

MONDAY

SEPT. 11 - OCT. 16

6:30 - 7:30 A.M. (Leslie)

11 A.M. - 12 P.M. (Megan)

5 - 6 P.M. (Anne)

7 - 8 P.M. (Anne)

MON/WED

SEPT. 9 - OCT. 16

10 - 11 A.M. (Megan)

12 - 1 P.M. (Anne)

TUESDAY

SEPT. 5 - OCT. 10

7:30 - 8:30 A.M. (Leslie)

9 - 10 A.M. (Anne)

WEDNESDAY

SEPT. 6 - OCT. 11

11 - 12 A.M. (Megan)

5 - 6 P.M. (Ingrid)

7 - 8 P.M. (Ingrid)

THURSDAY

SEPT. 7 - OCT. 12

7:30 - 8:30 A.M. (Anne)

9 - 10 A.M. (Anne)

TUES/THURS

SEPT. 5 - OCT. 12

11 A.M. - 12 P.M. (Nikita)

12:15 - 1:15 P.M. (Nikita)

5 - 6 P.M. (Ingrid)

7 - 8 P.M. (Ingrid)

MULTI-LEVEL

FRIDAY

SEPT. 8 - OCT. 13

12:30 - 1:30 P.M. (Anne)

SATURDAY

SEPT. 9 - OCT. 14

11:30 A.M. - 12:30 P.M. (Nikita)

UNIVERSITY OF MIAMI

PATTI & ALLAN HERBERT
WELLNESS CENTER



REFORMER PILATES

FALL 2017 SESSION 1



CLASS LEVEL DESCRIPTIONS

Intermediate: This class is suited for those with experience (minimum completion of 1 year of Pilates sessions at UM or Pilates reformer experience elsewhere) and for a generally healthy participant. Classes may include reformer, tower and some mat work, and will build upon the beginner series. These classes are more challenging and will flow through various equipment sequences.

Multi-Level: This class suited for all levels of experience, and for generally healthy participants. Participants can expect to transition positions throughout the class and can expect to do so unaided. The instructor will offer modifications to ensure safe movement for all participants and the class will be taught to the necessary level for the class as a whole. Classes may include reformer, tower, and mat work.

PRIVATE PILATES

- Private classes are only available to Herbert Wellness Center members.
- Private class requests can be based on time/availability or instructor preference.
- The first session must be requested in-person at least 48 hours in advance at the Wellness Enrichment Suite.
- The total price for buddy sessions must be paid at once, but can be split between two credit cards.
- Save ½ the price of one session with a 4-pack or get an entire session free with an 8-pack.

INDIVIDUAL PACKAGES	STUDENT MEMBER	NON-STUDENT MEMBER
Single Session	\$45	\$55
4-Pack	\$157	\$193
8-Pack	\$315	\$385

BUDDY PACKAGES	STUDENT MEMBER	NON-STUDENT MEMBER
Single Session	\$60	\$70
4-Pack	\$210	\$245
8-Pack	\$420	\$490



Visit www.miami.edu/wellness for more information about our Reformer Pilates program.

