

REFORMER PILATES

SUMMER 2017 SESSION 1

REGISTRATION: MON., APRIL 24 - WED., MAY 3

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, and supervisor approval is required. **Missed classes will not be prorated and no make-up classes are guaranteed.**

INTERMEDIATE

MONDAY

MAY 8 - JUNE 19*

6 - 7 P.M. (Anne)

TUES/THURS

MAY 9 - JUNE 15

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

7 - 8 P.M. (Ingrid)

MON/WED

MAY 8 - JUNE 19*

9 - 10 A.M. (Anne)

WEDNESDAY

MAY 10 - JUNE 14

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

MON/WED

MAY 8 - JUNE 19*

10 - 11 A.M. (Anne)

12 - 1 P.M. (Anne)

TUES/THURS

MAY 9 - JUNE 15

9 - 10 A.M. (Anne)

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

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

5 - 6 P.M. (Ingrid)

6 - 7 P.M. (Ingrid)

MONDAY

MAY 8 - JUNE 19*

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

5 - 6 P.M. (Anne)

7 - 8 P.M. (Anne)

TUESDAY

MAY 9 - JUNE 13

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

WEDNESDAY

MAY 10 - JUNE 14

5 - 6 P.M. (Ingrid)

7 - 8 P.M. (Ingrid)

THURSDAY

MAY 11 - JUNE 15

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

MULTI-LEVEL

FRIDAY

MAY 12 - JUNE 16

12 - 1 P.M. (Anne)

SATURDAY

MAY 13 - JUNE 17

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

LAST UPDATED: April 19, 2017
*No class May 29

UNIVERSITY OF MIAMI
PATTI & ALLAN HERBERT
WELLNESS CENTER



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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 is suited for all levels of experience, and for generally healthy participants. The instructor will cater to the necessary level for the class as a whole. Classes may include reformer, tower and mat work.

Jumpboard: This intermediate reformer class is designed to make you sweat! In addition to the traditional reformer exercises, you will be jumping, which will elevate the heart rate for improved muscle tone and endurance.

Tower: This class utilizes the tower, which is a vertical unit that uses a variety of attachments—a roll-down bar, arm springs, leg springs, and a pull-through (or push-through) bar—to provide a full body workout.

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.

