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.

**REFORMER PILATES**

**REGISTRATION: MON., MAR. 5 - WED., MAR. 14**

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**
- MAR. 19 - APR. 23
  - 6:30 - 7:30 A.M.  (Leslie)
  - 6 - 7 P.M.  (Anne)

**WEDNESDAY**
- MAR. 21 - APR. 25
  - 6 - 7 P.M.  (Leslie)

**MON/WED**
- MAR. 19 - APR. 25
  - 9 - 10 A.M.  (Megan)

**TUES/THURS**
- MAR. 20 - APR. 26
  - 6:30 - 7:30 A.M.  (Leslie)
  - 7 - 8 P.M.  (Ingrid)

### MULTI-LEVEL

**MONDAY**
- MAR. 19 - APR. 23
  - 11 A.M. - 12 P.M.  (Megan)
  - 5 - 6 P.M.  (Anne)
  - 7 - 8 P.M.  (Anne)

**TUESDAY**
- MAR. 20 - APR. 24
  - 7:30 - 8:30 A.M.  (Leslie)

**THURSDAY**
- MAR. 22 - APR. 26
  - 7:30 - 8:30 A.M.  (Anne)
  - 9 - 10 A.M.  (Anne)

**MON/WED**
- MAR. 19 - APR. 25
  - 10 - 11 A.M.  (Megan)

**WEDNESDAY**
- MAR. 21 - APR. 25
  - 11 - 12 A.M.  (Megan)

**TUES/THURS**
- MAR. 20 - APR. 26
  - 5 - 6 P.M.  (Ingrid)
  - 6 - 7 P.M.  (Ingrid)

**FRIDAY**
- MAR. 23 - APR. 27
  - 12:30 - 1:30 P.M.  (Anne)

### PROGRAM FEES

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<th>Frequency</th>
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**MULTI-LEVEL**

**SATURDAY**
- MAR. 24 - APR. 28
  - 11:30 A.M. - 12:30 P.M.  (Nikita)
  - 12:30 P.M. - 1:30 P.M.  (Nikita)

**UNIVERSITY OF MIAMI**

**PATTI & ALLAN HERBERT WELLNESS CENTER**

![U logo]
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.

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<th>INDIVIDUAL PACKAGES</th>
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Visit www.miami.edu/wellness for more information about our Reformer Pilates program.