

# REFORMER PILATES

## SUMMER 2017 SESSION 3

**REGISTRATION: MON., JULY 31 - WED., AUGUST 9**

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

AUGUST 14 - 21

6 - 7 P.M. (Anne)

#### WEDNESDAY

AUGUST 16 - 23

6 - 7 P.M. (Ingrid)

#### TUES/THURS

AUGUST 15 - 24

7 - 8 P.M. (Ingrid)

### PROGRAM FEES

#### TWICE PER WEEK

UM STUDENT \$44

NON-STUDENT MEMBER \$52

NON-MEMBER \$64

#### ONCE PER WEEK

UM STUDENT \$22

NON-STUDENT MEMBER \$26

NON-MEMBER \$32

### MULTI-LEVEL

#### MONDAY

AUGUST 14 - 21

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

5 - 6 P.M. (Anne)

7 - 8 P.M. (Anne)

#### TUESDAY

AUGUST 15 - 22

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

#### TUES/THURS

AUGUST 15 - 24

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

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)

#### WEDNESDAY

AUGUST 16 - 23

5 - 6 P.M. (Ingrid)

7 - 8 P.M. (Ingrid)

#### THURSDAY

AUGUST 17 - 24

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

#### FRIDAY

AUGUST 18 - 25

12 - 1 P.M. (Anne)

#### SATURDAY

AUGUST 19 - 26

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



UNIVERSITY OF MIAMI

PATTI & ALLAN HERBERT  
WELLNESS CENTER



# REFORMER PILATES

## SUMMER 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 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.

### 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](http://www.miami.edu/wellness) for more information about our Reformer Pilates program.

