

# Pilates Reformer

# Intelligent Exercise, Impressive Results!



Experience Pilates Reformer in a small group setting at West Hills. Our instructors have several years experience working with all ages and abilities. They have a variety of special certifications including Special Populations and Pink Ribbon. They work with post physical therapy patients, seniors, athletes, and everything in between. Each class is centered around the clients and their needs. Find out for yourself why West Hills' Reformer program has been called the best in the area!

**10** week session

**Fall: 9/10-11/16**

Classes that fall on holidays are automatically pro-rated. Prices will be adjusted accordingly.

All classes are 55 minutes. Some classes may have been added or canceled. For up to date info call 387-0413.

**BEG**-Beginner  
**INT**-Intermediate  
**MULTI**-Multi Level

If you have 3 or more people you can start your own class. Contact Angie Penney for details.

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>6 am</b>		6:30-7am Private	MULTI-Toni	6:30-7am Private	5:30 am MULTI-Kathy		
<b>7 am</b>			INT-Kathy	7-7:30 am Private			
<b>8 am</b>	MULTI-Kathy		MULTI-Kathy	7:30-8:30 am Private	MULTI-Kathy		
<b>9 am</b>	BEG-Kathy	MULTI-Kathy	MULTI-Kathy	BEG-Kathy			
<b>10 am</b>	INT-Kathy	BEG-Kathy	MULTI-Kathy	INT-Nancy	INT-Kathy		
<b>11 am</b>	MULTI-Kathy	MULTI-Kathy	INT-Kathy				
<b>NOON</b>			MULTI-Alison		MULTI-Alison		
<b>1 pm</b>					1-2 p.m. Private		
<b>4:30 pm</b>	INT-						
<b>5:30 pm</b>		INT-Linda	BEG-Alison	BEG-Linda			
<b>6:30 pm</b>		MULTI-Linda					



### FREE Consultation/Demonstration

It is recommended you meet with a Pilates Reformer instructor prior to signing up. You will learn a few of the basic exercises and decide which class best suits your needs. Go to [westhillsathletic.com/pilates-reformer](http://westhillsathletic.com/pilates-reformer) and click on the free demo link. Contact Angie Penney at 387-0413 or [angie.penney@wmich.edu](mailto:angie.penney@wmich.edu) for more questions.

### 10 week session prices

	Member	Guest
1 class per week	\$180	\$240
2 classes per week	\$360	\$480
3 classes per week	\$540	\$720
Drop-ins (call first)	\$23	\$29
Private Lessons	\$52	\$67
Duet Lessons (prices are per person)	\$37	\$47

Classes fill up quickly, sign up today!

# What are the benefits of the Pilates Reformer?



## It will help you to gain:

slender and longer muscles

strong shoulders

strong chest

better biceps and triceps

leaner calves

slimmer hips

slimmer thighs

tighter buttocks

firm abdominals

refined breathing patterns

increased flexibility

correct postures

better mind-body coordination

## Special Benefits:

Pilates Reformer exercises can be done by anyone irrespective of age and sex.

If you have normal health, these exercises perk up your trunk, pelvis and shoulder girdle. It improves breathing patterns, corrects spinal and pelvic alignment. It streamlines the control over movements of the body.

It develops an athlete's core or deep abdominal muscles along with those muscles that are closest to the spine. It makes the athletes more agile and boosts their performance. It also helps prevent injury through proper mind-body coordination.

For those suffering from Diabetes type I or type II, regular exercise on Pilates Reformer can help to control their blood sugar level. For those suffering from bone problems or osteoporosis, appropriate exercises on Pilates Reformer can help to improve their balance and overall functioning of the body.

For those having heart problems, suitable Pilates Reformer exercises can be done under the guidance of experts. It can streamline the blood supply and improve the overall functioning of the body.

For pregnant women, suitable Pilates Reformer exercises can be done under the guidance of experts. It can improve blood circulation, muscular relaxation and boost energy level.

For those having back, hip or knee problem, Pilates Reformer with a special stand can be more useful.

Thus, the Pilates Reformer is a vital equipment to revitalize your body. It's a sure way to keep you shapely and healthy.