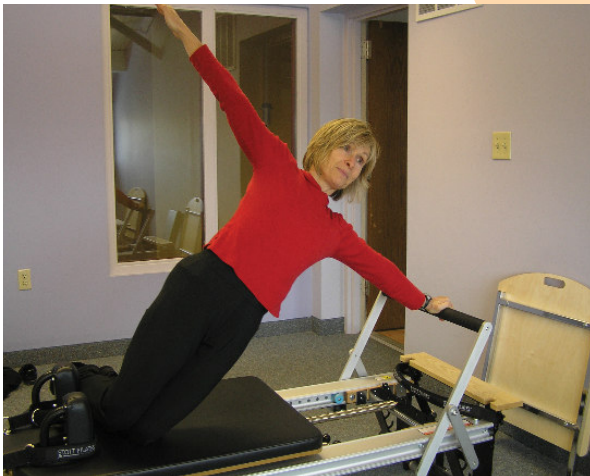


## THE PILATES EXPERIENCE

### Pilates benefits can include:

- Increased core strength
  - Leaner body
  - Improved flexibility
- Increased muscular endurance
  - Better posture
  - Reduced lower back pain
  - Improved joint mobility
- Enhanced sports performance

*The Pilates experience provides a safe and challenging workout.*



## PILATES HISTORY

Developed by J.H. Pilates, The Pilates Method is an exercise system focused on improving stability, flexibility, strength, balance and tone of the body. The Pilates method targets the postural muscles deep within the abdominals and places focus on core stability, correct body alignment and proper breathing. Each exercise is centered on the quality of movement, not the number of repetitions or level of resistance. The basic Pilates Principles, including proper breath work, spinal elongation in a neutral pelvis along with pelvic, ribcage and spinal stabilization, work together synergistically to help achieve maximum results safely and effectively.

### Pilates History

In 10 sessions you will feel a difference.....

In 20 sessions you will see a difference.....

In 30 sessions you will have a whole new body.....

J.H. Pilates

**Welcome to a whole new  
YOU!**

## HOW TO GET STARTED

1. Select a Trainer and purchase an individual or 5-session Pilates Reformer package.
2. Check in at the Welcome Center Desk prior to each class to receive your session receipt.
3. Bring your receipt to the session as your "pass to the class".
4. Give a copy to your Trainer
5. Keep a copy for yourself. It will show how many sessions remain.
6. Along with your Pilates Reformer session, we recommend attending Pilates Mat classes at either facility to familiarize yourself with the Pilates method of movement.



## RECOMMENDATIONS

Commitment and consistency will help you reach your goals. This is the ideal program for anyone wanting to get his or her body lean, fit, stronger and more flexible than ever before. Our goal is to provide a supportive, hands-on approach.

Participants of all ages and fitness levels are welcome.

*Come join us!*



## PRICING-

### Super Member

#### Private Reformer Session

\$55 - 1 hour session

\$250 - 5 session package

#### Duet Session

1 hour of instruction shared by 2 participants

\$40 - per person

\$175 - 5 session package per person

### Member

#### Private Reformer Session

\$60 - 1-hour session

\$275 - 5-session package

#### Duet Session

\$45 - per person/1-hour session

\$200 - 5-session package

### Non-Member

#### Private Reformer Session

\$70 - 1-hour session

\$325 - 5-session package

#### Duet Session

\$55 - per person/1-hour session

\$250 - 5-session package

Introductory Half-hour Complimentary Sessions available.

Call one of our Trainers to set up your appointment.

Janine	224-5444 ext 410
Marque	224-5444 ext 336
Shelley	224-5444 ext 337
Theresa	224-5444 ext 325
Mary	224-5444 ext 315
Jane	956-0944 ext 307

# PILATES REFORMER

PRIVATE STUDIOS

PRIVATE OR SMALL GROUP SESSIONS

NEW REFORMER MACHINES

IMX AND STOTT CERTIFIED PILATES INSTRUCTORS



EAST HILLS  
ATHLETIC CLUB  
1640 EAST PARIS, SE  
(616) 224-5400

MICHIGAN  
ATHLETIC CLUB  
2500 BURTON SE  
(616) 956-0944