



Pilates Reformer

January 6 – February 9

The Pilates Reformer makes a dramatic impression when you first see it and an even more dramatic change in your body when you use it. The total body conditioning workout allows you to work the full length of every muscle while maintaining core control. The result is increased core strength, sculpted legs and arms, flatter abdominals, and improved posture, flexibility and balance.

Small group classes ensure that you get more individualized attention, and customized workouts make Pilates Reformer perfect for all levels of fitness.

Cost per 5-Week Session: \$99 Members, \$179 Non-members



MERCYHEALTH

Fairfield HealthPlex

513.682.1212

mercyhealthplex.com

SCHEDULE	Monday	Tuesday	Wednesday	Thursday
Foundation	9:30 am NANCY			
Progression		4:00 pm REBECCA	9:30 am REBECCA	
Mastery	6:30 pm JANET			
Recovery		2:00 pm REBECCA		1:00 pm REBECCA
Mobility				
Teen				
Power Circuit				

STANDARD CLASSES

Foundation

Ideal for beginners and those looking to build a solid Pilates foundation. Focus on form, alignment and body awareness as you learn basic movement patterns and master the fundamentals. Movements are easily modified for those with limitations making this great for all fitness abilities.

Allegro

Progression

Build an intermediate practice with more complex, precise movements and experience the versatility of Pilates. A moderate class tempo focuses on a steady flow of intermediate exercises and coordinated movements with progressions. Balance and stability challenges give you a more demanding workout.

Allegro, Trap Table, Tower, Chair

Mastery

Our most advanced level challenges precision and coordination making it perfect for those who have already mastered form and alignment. Advance Pilates movements are best achieved with a deep mind/body connection built through your experience in the lower levels.

Allegro, Trap Table, Tower, Chair

SPECIALTY CLASSES

Recovery

Re-center and balance your body with apparatus-assisted stretching. A gentle blend of mindful movement, conditioning exercises and soft yoga stretches help keep the body moving.

Allegro, Trap Table, Tower, Chair

Mobility

Experience 30-minutes of core strength followed by 30-minutes of stretching that leaves you feeling long, loose and ready to take on the day. Reduce soreness, muscle fatigue and risk of injury as you improve performance and increase blood flow to your muscles.

Allegro, Trap Table, Tower, Chair, Foam Roller

Circuit

Experience the best of both worlds with 30-minutes of Pilates Reformer and 30-minutes of TRX. This hybrid workout helps lengthen, strengthen and stretch.

Allegro, TRX

Teen – Ages 14-19

Good habits start young. Build self-esteem, strong muscles and coordination in a body that is changing and growing. Perfect for all fitness levels – from athletic teens looking to build sports performance for a competitive edge to inactive teenagers looking to build healthy habits.

Allegro

GET STARTED!

Enjoy a complimentary 30-minute, full-body demo. Get acquainted with the studio, the equipment and our talented coaches and discover how Pilates Reformer can benefit you. To RSVP for a demo, contact:

Rebecca Bedel, Pilates Coordinator
513-682-1205
rbedel@mercyhealthplex.com

Register for Summer Sizzle Sessions at the Front Desk or call 513-682-1212.

Registration is for same class day/time for 5-week session. Full payment is required to hold your spot in a class.

Applications are accepted on a first come, first served basis. Each class needs a minimum of 2 to run with a limit of 8 participants.

name

phone

email

signature

date