



Pilates Reformer

November 18 – February 9

2-Week Holiday Break: December 23 - January 4

Each class is a total body workout that utilizes a balance between lower and upper body strength, pelvic, shoulder, and spinal stability, and joint and spinal mobility. Work in eccentric and concentric patterns to build long, lean muscle fibers. Modifications and progressions are provided as needed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-9:00 am Linda	9:00-10:00 am Gail	8:00-9:00 am Linda	9:00-10:00 am Carmen	8:30-9:30 am Marie
9:00-10:00 am Christy		10:00-11:00 am Gail		10:00-11:00 am BEGINNERS Carmen	9:30-10:30 am Marie
12:30-1:30 pm Katie	12:00-1:00 pm BEGINNERS Suzanne		12:00-1:00 pm Suzanne		
		4:30-5:30 pm Brendan	5:30-6:30 pm Marie	5:30-6:30 pm Suzanne	
	7:00-8:00 pm Kay		6:30-7:30 pm Marie		



MERCYHEALTH
Anderson HealthPlex

513-624-1871
mercyhealthplex.com

Pilates Reformer Registration

Cost for 10-Week Session *(No classes on Thanksgiving. Thursday classes are pro-rated.)*

1x/week: \$240 M / \$350 NM [Thursday Class - \$216 M / \$315 NM]

2x/week: \$440 M / \$640 NM [Thursday Class - \$418 M / \$608 NM]

3x/week: \$600 M / \$900 NM [Thursday Class - \$580 M / \$870 NM]

Name _____

Phone _____ E-mail _____

Class Day(s)/Time(s) _____

Full Payment Required at Registration

☐ Card on File ☐ American Express ☐ Visa ☐ MasterCard ☐ Discover

Account # _____ Expiration _____

Signature _____ Date _____

Pilates Reformer Registration Policy

1. Full payment must be received to complete registration. A registration is for the same class for the entire session.
2. Priority registration will take place two weeks before the end of a session. Current participants may reserve their current class time during priority registration. Min of 2 participants must be enrolled by session start for a class to run.
3. You may drop-in for a single class based on space availability. Drop-in rate: \$30 M, \$45 NM. Drop-ins are only available for previous Pilates Reformer participants. Those new to Reformer should contact June Navaro at 513-233-6966 or jnavaro@mercyhealthplex.com to schedule a complimentary 30-minute demo.
4. Participants may book a make up in the Pilates binder that is located at the front desk. Make ups are not guaranteed and depend on open reformer availability. If a reformer space sells to a new participant, you may be asked to reschedule your make up.
5. For questions and information on the Pilates Reformer Program, please contact: June Navaro at 513-233-6966 or jnavaro@mercyhealthplex.com.