

Effective: September 1, 2009

The Solebury Club - Pilates Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30AM Mat Class Intermediate	9:30-10:30AM Beginner Reformer Class Adrienne	9:30-10:30AM Mat/Foam Roller Open Level			9:00-10:00AM Core Training Open Level
10:30-11:30AM Reformer Intermediate		10:30-11:30AM Reformer Intermediate	10:30-11:30AM Reformer Beginner	10:30-10:30AM Reformer Advanced	
		6:30-7:30PM Mat Class Open Level Adrienne			

- All Classes are 55 Minutes in length except where otherwise indicated.
- Classes are subject to change with an average of 3 or less.
- Reservations are required for reformer classes.
- Mat classes are limited to 10 participants. Mat/Ball classes are limited to 8 participants.
- Reformer classes are limited to a minimum of 1 participant and a maximum of 4 participants; available at an additional charge.

Cancellation Policy: All reformer classes and private or semi-private sessions require 24 hour notice to cancel.

Mat Classes

Non-Member Rate \$15 1-Class \$120 10-Classes

Reformer Classes

Member Rate \$30 1-Class \$140 5-Classes \$250 10-Classes

Non-Member Rate \$32 1-Class \$150 5-Classes \$295 10-Classes

Private Session

Member Rate \$75 1-Session \$350 5-Sessions \$650 10-Sessions

Non-Member Rates add \$5 per session

Semi Private Session

Member Rate \$50 1-Session \$240 5-Sessions

Non-Member Rate \$52 1-Session \$250 5-Sessions

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What is Pilates?

Pilates is a method of physical conditioning with many exercises designed to help develop strength, balance, alignment and symmetry in the body to promote overall well being. Training consistently in Pilates can provide many benefits. With the emphasis it places on the breath, the method can improve lung capacity; both strengthen and increase the flexibility of the muscles of the back and abdomen, commonly known as the core; and improve joint function, posture and the flexibility of the spine. All of these benefits leave the studio and transfer into the tasks we do in every day activities.

When Joseph Pilates created this system of exercise, his intention was to teach individuals how to restore vitality and health to their lives. "... (Pilates exercises) build a sturdy body and sound mind fitted to perform every daily task with ease and perfection as well as to provide tremendous reserve energy for sports, recreation, emergencies." Joseph Pilates

Pilates is appropriate for all ages and levels of fitness.

The Pilates Studio at The Solebury Club

At The Solebury Club we have a fully equipped Pilates Studio. We offer mat classes, equipment classes for Reformer, private and semi-private sessions. Our classes are based on traditional technique and are 55 minutes in length.

Class Descriptions

All Classes, private and semi-private sessions are available to members and non-members. Reservations are required for all classes. Class sizes are limited. Participants wishing to join equipment classes must first complete beginner reformer, unless you have previous experience.

Core Training – This class is designed to strengthen the muscles of the abdomen, back and hips. By using the stability ball you can push your workout to the next level.

Mat Class – The basis of all Pilates work, a series of exercises done on the floor to create long strong muscles, develop core strength and symmetry and improve breathing. Class size maximum 10.

Mat/Foam Roller - Stretch, strengthen, and massage your muscles during this mat workout using the foam roller. No previous experience needed. Class size max 10.

Reformer Beginner – Beginner level Pilates Reformer class. No previous experience necessary. This 55 min class is a prerequisite for the open level and intermediate level Reformer classes. Class size maximum 4.

Reformer Class – Enhances your workout by using the support and resistance of spring tension on a moving platform. Improves muscular balance. Class size limited to 4 participants.

Private session – The best way to focus on your individual training requirements and specific needs. This is a one on one session in the studio. The session can include Mat or Reformer.

Semi-Private session – Two people training simultaneously with one teacher. This is a great way to work on technique and still receive individual attention. The session can include Mat or Reformer.