

# Pilates Reformer

If you are runner or golfer, tennis player or parent, chances are you've heard someone talking about the benefits of Pilates. Many types of people, at many levels of fitness, who have begun doing Pilates exercises say they've seen improvements in range of motion, flexibility, circulation, posture, and abdominal strength -- and decreases in back, neck and joint pain.

Schedule an appointment on the Pilates reformer with a trained Pilates instructor either on a one on one basis or bring a friend for a semi-private session.



PAUL DERDA  
RECREATION CENTER

## PILATES REFORMER



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# Benefits of PILATES

- Improve strength, flexibility and balance.
- Develop long, lean muscles without bulk.
- Engage the mind and enhance body awareness.
- Restore postural alignment.
- Increase joint range of motion.
- Correct over-training of muscle groups.
- Compliment sports training.
- Enhance mobility, agility and stamina.
- Improve the way your body looks and feels.

## Package Pricing

### PRIVATE SESSIONS

3 Private Sessions (annual pass holder rate)	\$141.00 \$108.00
5 Private Sessions (annual pass holder rate)	\$230.00 \$175.00
10 Private Sessions (annual pass holder rate)	\$450.00 \$340.00

### SEMI PRIVATE SESSIONS

3 Semi-Private (annual pass holder rate)	\$99.00 \$75.00
5 Semi-Private (annual pass holder rate)	\$162.50 \$122.50
10 Semi-Private (annual pass holder rate)	\$320.00 \$240.00

**All prices are per person.**

## INSTRUCTORS

### Patty Beecroft

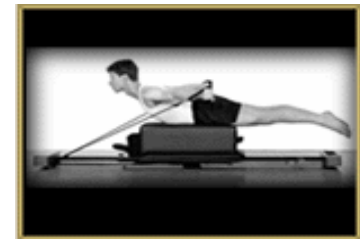
- Certified Pilates Reformer Instructor
- Certified Pilates Matwork Instructor
- PMA Certified
- Certified Group Fitness Instructor
- Certified ACE Personal Trainer

*"Teaching Classical Pilates is my passion. I am a graduate of the internationally renowned Pilates Center in Boulder, CO and a certified Pilates instructor since 2001. The Pilates system of strengthening and stretching exercises designed to develop the body's core, mobilize the spine and build flexibility compliments almost any fitness program. Whatever your fitness goals, there's a great deal of satisfaction to be had as you gain strength and control over your body through the Pilates method."*

### Carol Meinzer

- Certified Pilates Reformer Instructor
- Certified Pilates Matwork Instructor

*"As an instructor of The Pilates Method, I embrace Pilates as a philosophy of movement, with a total commitment to total body health and breath for your whole life in everything you pursue. I consider it a privilege to bring the joy and benefits of Pilates to all age groups and fitness levels with safety and effectiveness."*



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