

# Pilates Reformer

Work on the Pilates Reformer with a certified Pilates Reformer Instructor to develop long and strong muscles, stabilize core muscles and improve your posture. Previous Mat Pilates exposure is recommended, but not required. Sessions are available as **privates** or **semi-privates** for you and a friend.



**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**      **\$141.00**  
(annual pass holder rate)      \$108.00

**5 Private Sessions**      **\$230.00**  
(annual pass holder rate)      \$175.00

**10 Private Sessions**      **\$450.00**  
(annual pass holder rate)      \$340.00

### SEMI PRIVATE SESSIONS

**3 Semi-Private**      **\$99.00**  
(annual pass holder rate)      \$75.00

**5 Semi-Private**      **\$162.50**  
(annual pass holder rate)      \$122.50

**10 Semi-Private**      **\$320.00**  
(annual pass holder rate)      \$240.00

**All prices are per person.**

## INSTRUCTORS

### Patty Beecroft

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

*"Just do it...and keep on doing it! I believe in sustainable fitness and health practices that complement your lifestyle, whether your goals are conditioning, weight loss, and/or simply having more energy and feeling good about yourself."*

### 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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