

How do I get started on the reformer?

All students must complete a set of four, one-hour introductory sessions before they attend **group reformer class**. Introduction to Pilates classes are available in a small group, duet or private setting.

Cost for Introduction to Pilates:

\$25 group
\$35 semi-private
\$50 private sessions

Cost includes all 4 classes and is subject to sales tax.

Group introductory series on the reformer are held on Tuesday and Thursdays from either 12:00-1:00pm or 6:45-7:45pm. Class runs for two weeks. *Sign-up available at the front desk.* Contact Bonnie if you wish to set up a duet or private Intro session.

Enrollment

To sign-up for Pilates reformer call-in classes, please call or stop by the Rec Center front desk, up to 48 hours in advance.

Cost

60 min Reformer class \$6
30 min Reformer class \$3
45 min Mat class - Free

Classes will be billed to you at the end of every month.

Cancellation policy

A late fee of \$3.00 will be charged if you cancel less than 3 hours before class. A "no call, no show" fee of the full class rate will be charged if you fail to cancel and not show up.

How do I get started on the mat?

Pilates mat classes are open to all Rec Center members. No sign up is required to attend a mat class. Please bring a mat and towel.

Mat classes are held in the fitness classroom. Please see the group fitness of Pilates schedule for more details.



Pilates Class Schedule

Please visit www.rockwellcollinsreccenter.com or stop by the front desk or the communication center for the current Pilates class schedule.

Instructors

All Pilates instructors have completed extensive education and training on the mat and reformer through Balanced Body University. Special attention is paid to all students regarding proper class placement to ensure a safe and effective workout.

Pilates is for every body and our instructors are trained to modify exercises to fit your needs.



All students must begin in either Level 1 or Silver Pilates when beginning reformer training. Instructor permission is required before moving to a more advanced class.

Level 1 Class is a necessary transition following intro to Pilates. You will practice exercises at a pace appropriate for new students, so that you progress properly and safely.

Level 2 Builds on the skills learned in Level 1. This level involves exercises requiring more core strength, overall joint stability and balance.

Level 3 Builds on the skills learned in Level 1 and 2. Exercises are more complex and require total body strength control and balance.

Silver This class is for students with special concerns or those who have gone through physical therapy. Consists of basic repertoire of Pilates exercises taught at an appropriate pace for those needing a slower class.

Silver Plus This class is an advanced version of our traditional Silver Pilates class.

Specialty Classes Throughout the year we offer special classes designed to diversify your Pilates experience. Classes include; Pilates for Athletes, Pre/Post Natal Pilates. Your ideas and suggestions on additional specialty classes are welcome.

Mat Pilates Mat Pilates classes are now complimentary and open to all Rec Center members. Mat Pilates will provide the most comprehensive core workout you have ever experienced. Take your mind and body training to the next level! Please bring your own mat and towel to class. No sign up is required. *As a general rule, only healthy bodies by take advantage of Pilates group mat classes. Clients with injuries or special conditions are better and more safely accommodated in sessions on the Pilates apparatus*

Looking for more individualized instruction and convenient class times? Try Private Pilates!

Single client one-hour sessions

One to three sessions:
\$30 per session

Four to seven sessions:
\$27 per session

Eight or more sessions:
\$25 per session

Buddy one-hour sessions

(Two clients with similar goals)

One to three sessions:
\$45/session; \$22.50 per person

Four to seven sessions:
\$39/session; \$19.50 per person

Eight or more sessions:
\$35 per session; \$17.50 per person

Receive 10% off purchase of 30 or more sessions *Note: You will receive the discounted price at the time of purchase only. If you add on to your package at a later date, the price of the additional sessions reverts back to the original fee schedule.*

- Private Pilates sessions expire after three consecutive calendar months from the date of the first session.
- Clients must cancel 24 hours in advance or forfeit the session.
- If the client does not show for a scheduled appointment, the client will forfeit the session. In the cas

Pilates Program Coordinator

Bonnie Benesh
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Phone 319.295.0066

See what Pilates can do for you!

- Increased Flexibility
- Improvements in Balance
- Increased Strength
- Increased Core Stability
- Increased Energy
- Decreased Pain

Want to expand your Pilates practice?

You may schedule private sessions on the Trapeze Table, Chair, Arc, Mat or Reformer to help take your mind and body to a new level of training.

Contact Bonnie for more details



**Rockwell
Collins**

Streamline. Strengthen. Pilates.

Pilates

Program Information



Hours of operation

Mon-Thurs	5:05 a.m. – 10:00 p.m.
Friday	5:05 a.m. – 8:00 p.m.
Saturday	7:30 a.m. – 5:30 p.m.
Sunday	9:30 a.m. – 5:30 p.m.

Babysitting hours

Mon-Friday	9:00 a.m. – 1:00 p.m.
Mon-Thurs	4:00 p.m. – 7:45 p.m.
Friday	4:00 p.m. – 6:45 p.m.
Saturday	8:00 a.m. – 12:00 p.m.

Phone: 319.295.2552

www.rockwellcollinsreccenter.com

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