

## Getting started

All students must complete an introductory series that consists of four one-hour sessions.

Group: \* \$25

*\*Group Intros are held once a month for two weeks. The class meets Tuesdays and Thursdays from 12:05 - 1:05 p.m. and 6:45 - 7:45 p.m. Sign up at the front desk.*

For more individualized instruction

Private: \$50

Semi-private : \$35

*If you are interested in the Silver Pilates program or need more individual attention, private or semi-private sessions MUST be taken.*

To schedule, contact Bonnie at 295.2552 or [bjbenesh@rockwellcollins.com](mailto:bjbenesh@rockwellcollins.com)

## Cost

*All payments subject to 7% sales tax*

Session classes

\$84 for eight weeks (16 classes)

Call-in classes

\$6/class

Specialty classes

\$44 for eight weeks (8 classes)

*Private Pilates sessions are also available. See back for details.*

## Sessions

Session sign up is held one week prior to the start of a new session at the front desk.

## Call-Ins

Call 295-2552 or stop by the front desk up to 48 hrs before the start of a class.

*\*Reservations may be made as early as 5:15pm for the Tuesday 5:40pm class\**

## Cancellation Policy

A late fee of \$3 will be charged if you cancel less than three hours before class. A no call, no show fee of \$6 will be charged if you fail to cancel and not show.

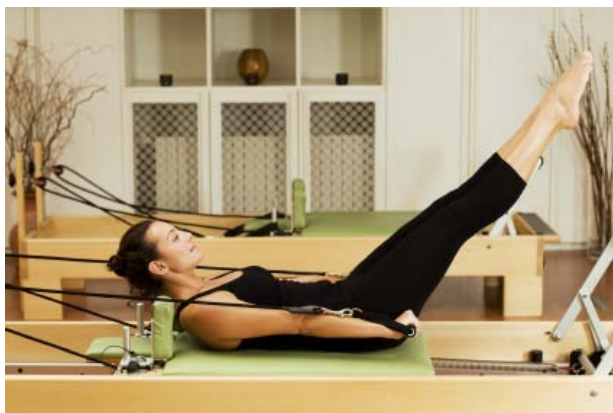


## The Program

All instructors are trained group Pilates instructors.

The staff has completed extensive education and training on the reformer through Balanced Body University.

All classes are taught in a small group setting on the Balanced Body Allegro reformer. Special attention is paid to all students regarding proper class placement to ensure a safe and effective workout.



**All students must begin in either Level 1 or Silver Pilates. Progression into other levels is based on experience, knowledge and proper execution of the exercises. 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 "spice up" your Pilates experience. Classes include; Pilates for Runners and Tri-athletes, Pre/Post Natal Pilates. Your ideas and suggestions are welcome.

**Looking for more individualized instruction and convenient class times, try Private Pilates.**

Single client one-hour sessions

One to three sessions

\$25 per session

Four to seven sessions

\$22 per session

Eight or more sessions

\$20 per session

Buddy one-hour sessions

*(two clients with similar goals)*

One to three sessions

\$40/session; \$20 per person

Four to seven sessions

\$34/session; \$17 per person

Eight or more sessions

\$30 per session; \$15 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.*

**Expiration:** Sessions expire after three consecutive calendar months from the date of the first session

**Cancellation:** Clients must cancel 24 hrs in advance or they will forfeit the session.

**No Show:** Client will forfeit the session

**Emergency:** Rescheduling will be at the instructor's discretion

**Pilates Program Coordinator**

Bonnie Benesh

[bjbenesh@rockwellcollins.com](mailto:bjbenesh@rockwellcollins.com)

Phone 319.295.2552

**Please see the website and insert for the current class schedule**

[www.rockwellcollinsreccenter.com](http://www.rockwellcollinsreccenter.com)

**What Pilates does for you**

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

*See what Pilates can do for You!*

In celebration of the Rec Center's 25<sup>th</sup> anniversary, we have created our very own Group Fitness Club. The rewards Group Fitness Club program will run from May 15, 2010 through May 15, 2011. You will earn rewards by coming to any Group Fitness class. Pilates Included!

Prizes range from a logo imprinted water bottle to a "classy" logo embroidered jacket. Start getting rewarded for doing what you love and earn your points today!!



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**

