

# pilates personal training

*strength • flexibility • agility*



## What is Pilates Reformer Training?

An innovative system of exercise that dramatically transforms the way your body looks, feels and performs.

**Pilates** is a method of exercise and physical movement designed to stretch, strengthen and balance your body. Training may include the following equipment:

**Mat • Foam Roller • Pilates Arc Chair • Jumpboard • Reformer**

Pilates equipment is designed to help you get more out of your Pilates workout. All **Pilates Personal Training** sessions at the **H-F Racquet & Fitness Club** are led by Certified Pilates Instructors.



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No matter what your age or condition, **Pilates Personal Training** will work for you. Top athletes in the NBA, NFL, MLB and the Olympics use it for strength, flexibility and injury prevention.

### What are the benefits?

- Improved posture and spine health
- Toned, lean muscles
- Lengthening and strengthening muscles
- Core stability and strength
- Flowing movement
- Increased flexibility
- Efficient breathing
- Enhanced energy
- Injury prevention



Pilates is for everyone! Use it to enhance your performance and flexibility. Young or old, back problems to athletic ability, you will find **Pilates Personal Training** can maximize your fitness potential. Runners, golfers, fitness enthusiasts — **Pilates is for you!**

### One-Hour Sessions

#### **One-on-One:**

\$52/Member; \$62/Non-member

#### **Partner Pilates:**

\$42/Member; \$52/Non-member per person

#### **Single Package (10 Sessions):**

\$470/Member; \$580/Non-member

#### **Partner Package (8 Sessions):**

\$255/Member; \$375/Non-member per person

*No substitutions or refunds. No pro-rating available.*

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