PILATES PROGRAMS

SMALL GROUP REFORMER TRAINING

For ages 15 & up

Prior to participating in these programs, you must have one private reformer lesson or equivalent experience.

Register per day for the class you wish to attend.

Fee per day: $26 member; $32 nonmember

2-day cancellation policy applies

REFORMER LEVEL 1 *with Stephanie*

Reformer Level 1 is designed for individuals with little or no Pilates experience, or for those looking to transition from mat Pilates to the Reformer.

NEW PRICES

Mondays	**10:00-11:00am**
1/2-4/2	**$21 ($26) per class**
Thursdays	**9:00-10:00am**
1/5-4/5	**$21 ($26) per class**
Saturdays	**10:00-11:00am**
1/7-3/31	**$21 ($26) per class**

REFORMER LEVEL 2 *with Stephanie*

Reformer Level 2 is designed for individuals with moderate Pilates experience. Level 2 will build upon the foundations learned in Reformer Level 1 by increasing the difficulty and pace of the class.

NEW PRICES

Thursdays	**10:00-11:00am**
1/5-4/5	**$21 ($26) per class**
Saturdays	**9:00-10:00am**
1/7-3/31	**$21 ($26) per class**

REFORMER GOLD *with Stephanie*

Reformer Gold is designed for individuals who suffer from past or current joint issues, impaired mobility, or other physical limitations, and want to reap the benefits of Pilates training on the Reformer. The progressions in this class are executed at a slower pace than our Level 1 class, with a strong emphasis on posture, stabilization and improved mobility.

NEW PRICES

Mondays	**9:00-10:00am**
1/2-4/2	**$21 ($26) per class**

PILATES INSTRUCTOR

STEPHANIE SZOPO

stephanie.szopo@libertyathletic.net

734.665.3738 ext. 49

CERTIFICATIONS

Level One Stott Pilates Instructor

BIO

Stephanie comes to us with many years of experience as a competitive athlete. In addition to swimming for Eastern Michigan University and participating in four marathons, she has been a swim coach for over 10 years. Stephanie began studying STOTT Pilates to help lengthen and stretch her body and fell in love with the transformation process.

She is delighted to join the Liberty team and provide members with Pilates instruction to improve posture, alignment, and overall body awareness. Stephanie is a knowledgeable, personable trainer, who looks forward to helping each client reach their Pilates goals and transform their bodies.

GROUP & PRIVATE CLASS BENEFITS

The small group Reformer classes add a level of personal attention to meet individual needs that cannot be replicated in large classes. Private instruction focuses greatly on posture, form and breathing, allowing for personalized adjustments to ensure each participant maximizes their experience. Participants may expect improved muscular endurance, flexibility, and core strength.

To schedule a private or semi-private pilates lesson, please contact the Concierge at 734.665.3738 ext. 34.

For more details about Reformer Pilates and its benefits, or for any other questions about Reformer Pilates, please contact Stephanie at ext. 49.

PILATES PERSONAL TRAINING

LESSONS

To schedule a private or semi-private Pilates lesson, please contact the Concierge at 734.665.3738 ext. 34.

RATES

60 minutes	**member**	**nonmember**
Private	$64.00	$72.00
Duet	$37.00 ea	$44.00 ea
Trio	**$27.00 ea**	**$34.00 ea**
Quad	**$21.00 ea**	**$26.00 ea**

NEW PRICES

30 minutes	**member**	**nonmember**
Private	$37.00	$42.00
Duet	$21.50 ea	$27.00 ea

PACKAGES

Available to Liberty members only. Purchase Pilates packages through the Concierge. 734.665.3738 ext. 34.

60 minute Packages

Private 5-pack $315 reg. $320

Private 10-pack $620 reg. $640

Private 15-pack $915 reg. $960

30 minute Packages

Private 10-pack $360 reg. $370

Private 15-pack $525 reg. $555

Pilates History

Originally developed in the early 1900s, Pilates is based on the practices of Joseph Pilates (1880-1967). This method of exercise therapy has become increasingly popular in the United States, with a near thousand-fold rise in the number of practitioners since 1990. The fundamental tenets of Pilates training represent a combined influence of Eastern "mind-body-spirit" philosophies, and current principles of biomechanics, strength training, mobility and core stabilization.

Benefits

Over the last decade, research has demonstrated the value of Pilates for improvement in joint range of motion, whole body muscular function, motor control, and postural alignment. These methods have been incorporated into the clinical treatment or management of various injuries and disorders. Pilates advocates purport numerous additional benefits of Pilates like improved mood, reduced stress, and enhanced body and self awareness.

Mat vs. Reformer

Mat-based Pilates is intended to improve functional health with strengthening exercises for the abdominal and low back musculature, while focusing on proper joint alignment and patterned breathing. However, in recent years, many instructors have begun to realize the additional benefits associated with reformer-based Pilates. By integrating full range of motion activity, coupled with variable-resistances, reformers provide superior effectiveness in strength and mobility across all major muscles and joints. Indeed, reformer-based Pilates is not only an effective method of general physical fitness, but may also represent an extremely valuable addition to sport performance enhancement training or general wellness programming.

At Liberty, reformer-based Pilates sessions are tailored to meet the distinct needs of our clients and are modified and progressed based on individual goals. Specifically designed sessions incorporate movements for the entire body and enable the user to perform under professional guidance, with variable controlled resistances. From muscle activation and increased joint mobility, to enhancements in breathing and postural alignment, Pilates at Liberty is sure to leave you feeling mobile, strong, and well.

WINTER SESSION 2012
Program Policies

Program Registration

Registration for all programs is done through our Concierge Desk. Both members and nonmembers must complete a registration form, and nonmembers must pay upon registration. Registration is accepted as space is available. You will be notified if a program is full and we cannot accept your registration. We reserve the right to cancel a program at any time; any registered participants will be notified in the event of program cancellation.

Registration forms may be faxed ***-however-*** faxing a registration form does not guarantee enrollment. Faxed forms will be processed Monday-Friday. You will receive a confirmation call, along with your registration status once your form has been processed. Please direct questions about faxed registration forms to Alison Eisner, at 734-665-3738 ext. 57. **FAX: 734-665-6353**

Payment

Members: We will automatically bill programs and services to member accounts unless we receive an alternate method of payment before the program begins.

Nonmembers: Nonmembers must pay at the time of registration, ***and*** provide valid credit card information to keep on file (encrypted in our system). Liberty accepts nonmember payment by cash, Mastercard, Visa or Discover.

Proration based on Late Enrollment

Should you choose to register for a program after it has begun, you will be charged only for the remainder of the program period. Late enrollment may not always be permitted.

Refunds and Credits

In the case of severe injury or emergency, the cancellation policies and fees will be taken into consideration, and a partial or full refund may be issued.

Cancellation Policies

24-hour Cancellation Policy

applicable to: Private/Semi-Private Swim Lessons, Personal Training, Spa Services, Tennis Court Reservations, Private/Semi-Private Tennis Lessons and Tennis Practices

A minimum of 24 hours is required for cancellation of the above services. Same-day cancellations or failure to cancel will result in the entire fee being retained. Should you arrive more than 15 minutes late for an appointment, the remainder of your time will be forfeited and the entire fee will be retained.

2-day Cancellation Policy

Should cancellation be received within two days of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

5-day Cancellation Policy

Should cancellation be received within five days of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

14-day Cancellation Policy

Should cancellation be received within fourteen days *(two weeks)* of the program's start date, it is considered a 'late cancellation' and the program fee is due in its entirety. Same-day cancellations or failure to cancel also result in the entire fee being retained.

Pilates
Personal Training
Winter 2012

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LIBERTY ATHLETIC CLUB

LIVE LIFE WELL

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