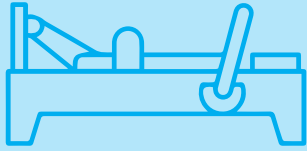


Pilates Reformer

FALL 2024



Registration Dates

Registration for Pilate Reformer classes opens 30-days prior to each class. Register online via online services, through the Liberty mobile app, in-person, or over the phone.

Cancellation Policy

A minimum of 24 hours is required for cancellation. Same-day cancellations or failure to cancel will result in the entire fee being retained.

Policies

1st Fee = Member Rate
2nd Fee = Non-member Rate

Classes are subject to cancellation.

Pilates Reformer Classes

Ages 13-up

The Pilates reformer is a machine that uses springs and pulleys to create resistance while performing controlled exercises. Proper form and technique are emphasized in each class, with individual attention and instruction. Gain power and flexibility and decrease the risk of injury with Pilates reformer training.

Wednesdays

9:30-10:30am *Katie G.*

9/18-12/18 \$25 (\$29) per class

Wednesdays

10:45-11:45am *Katie G.*

11/13-12/18 \$25 (\$29) per class

Fridays

9-10am *Davy D.*

9/6-12/20 \$25 (\$29) per class



Private & Semi-Private Pilates Reformer Training

Contact one of our Pilates Reformer instructors to schedule your personalized private or semi-private training sessions.

Pilates Reformer Instructors

Cheryl Gulbranson

cheryl.gulbranson@libertyathletic.net

Davy Darnton

davy.darnton@libertyathletic.net

Tricia Wise

tricia.wise@libertyathletic.net

Rates

60 minutes	member	non-member
Private	\$75.00	\$83.00
2 People	\$43.50 (each)	\$52.00 (each)
3 People	\$34.50 (each)	\$42.00 (each)
4+ People	\$31.00 (each)	\$38.00 (each)

30 minutes	member	non-member
Private	\$44.00	\$49.00
2 People	\$27.00 (each)	\$32.50 (each)
3 People	\$22.00 (each)	\$26.00 (each)
4+ People	\$18.50 (each)	\$23.00 (each)



Davy Darnton



Cheryl Gulbranson



Tricia Wise

Need additional information?

Contact Chelsea Gnida, Director of Fitness & Wellness at chelsea.gnida@libertyathletic.net