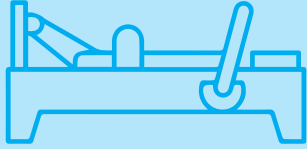


# Pilates Reformer

Spring/Summer 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

1<sup>st</sup> Fee = Member Rate  
2<sup>nd</sup> 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.

### Fridays

**9-10am Davy D.**

4/5-6/14	\$25 (\$29) per class
6/21-8/30	\$25 (\$29) per class



Davy Darnton



Cheryl Gulbranson



Tricia Wise

## 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)

## Need additional information?

Contact Chelsea Gnida, Director of Fitness & Wellness at [chelsea.gnida@libertyathletic.net](mailto:chelsea.gnida@libertyathletic.net)