

MONDAY

6:00-6:55am	Mat FREE	Lizzy	2-3	2
9:00-9:55am	Pilates Basic Reformer	Tyra	1-3	Swan
10:30-11:25am	Reformer	Roya	2-3	Swan
1:00-1:55pm	Mat FREE	Julie	1-3	2
5:30-6:25pm	Evening Reformer	Roya	2-3	Swan

TUESDAY

9:30-10:25am	Reformer	Ondi	2-3	Swan
11:00-11:55am	Mat  FREE	Roya	2-3	2
12:00-12:55pm	Reformer	Julie	2	Swan

WEDNESDAY

7:00-7:55am	Reformer	Madison	1-3	Swan
9:00-9:55am	Reformer	Madison	1-3	Swan
10:30-11:25am	Mat FREE	Ondi	1-3	2

THURSDAY

9:30-10:25am	Reformer	April	2-3	Swan
10:00-10:55am	Mat FREE	Tyra	2-3	2
12:00-12:55pm	Reformer	Tyra	1-3	Swan

FRIDAY

6:00-6:55am	Mat FREE	Lizzy	2-3	2
9:00-9:55am	Advanced Reformer Flow	April	3	Swan
10:30-11:25am	Advanced Reformer Flow II	Roya	2-3	Swan

SATURDAY

8:00-8:55am	Mat FREE	Kerry	1-3	2
9:15-10:15am	Pilates Reformer	Roya	2-3	Swan

SUNDAY

10:00-10:55am	Advanced Reformer Flow	Madison	2-3	Swan
---------------	------------------------	---------	-----	------

# Pilates

Registration required

NEW TO PILATES REFORMER?

3-5 PRIVATE LESSONS ARE REQUIRED BEFORE ATTENDING GROUP CLASSES.

\*DISCOUNTED INTRODUCTORY PACKAGES AVAILABLE

EFFECTIVE SEPTEMBER 1, 2023

UPDATED 8.23.23

EQUIPMENT-BASED PRICING

55-Minute Sessions

Single: \$30 Member / \$35 Guest

8-Pack: \$200 Member / \$240 Guest

8-PACKS EXPIRE 6 MONTHS AFTER PURCHASE  
24-HOUR CANCELLATION POLICY APPLIES

LIVESTREAM CLASSES

1 Beginner 2 Intermediate 3 Advanced 1-3 All Levels

REGISTER

Greenwood App / 303.770.2582 x274  
ClubGreenwood.com/Pilates  
KimM@ClubGreenwood.com



SCAN FOR INFO

# Pilates Classes

## LEVELS

**1 Beginner** Foundation exercises emphasizing support and guidance are taught using building blocks and modifications when necessary to build the framework for more advanced classes.

**2 Intermediate** These classes build upon beginner exercises and incorporate more exercises within the hour with a focus on flow, greater range of motion and transitions.

**3 Advanced** A stamina building class structured upon a longer list of intermediate to advanced exercises within the hour with a focus on flow, greater range of motion, less support, transitions, props and in some cases order.

**1-3 All Levels**

**Classes** run weekly and you must sign up for each class. A minimum of 3-5 private lessons are required before entering a class.

**Programs** run as a series where sign up is required once and the same group progresses together.

## Advanced Reformer Flow

This class focuses on flow and is taught following the classical progression at a quick pace.

## Mat

The mat work includes numerous exercises of varying difficulty and progression that are designed to stretch, strengthen and improve body alignment. Mat with Props is taught using power circles, balls, Thera bands, etc.

## Pilates Basics Reformer

Did you just finish your intro pack? This class is suitable for beginners, those with restricted movements and those recovering from injuries. You'll also learn the basic restorative reformer exercises and how to operate the reformer, preparing you to take more advanced Pilates classes.

## Pilates Suspension Method™ / Reformer

This high energy class is a combination of Reformer and Suspension Pilates (Pilates Suspension Method™)

Creatively flow from the Reformer to your suspension straps. Focus is on stability, strength, coordination, core control and balance. An excellent choice for those looking to enhance their athletic performance.

Instructors have been teacher trained by PSM™ founder, Rebecca Beckler.

## Reformer

The most widely known and versatile apparatus. Its unique combination of springs, pulleys, straps and sliding carriage make it an incredibly valuable and useful piece of equipment to strengthen the powerhouse (core) and increase flexibility.

## Reformer for Athletes

This class is designed to duplicate and expand upon motions you do while out on the trail, on the bike, in the water or simply put, while in your element. Focus is on strength, awareness, balance and uniform development of the body preventing lopsidedness.

## Total Body Reformer Jump

For the endorphin addicted, this cardio based intermediate level class incorporates the Pilates Jump Board to amplify the intensity. Work your legs, seat muscles, shoulders, arms and of course, your core.