

**MOUNTAIN VIEW PHYSICAL THERAPY
PILATES REFORMER CLASS SCHEDULE - 303-674-7889**

TIME	MON	TUES	WED	THURS	FRI	SAT
7:00 AM						
8:00 AM	Level 1 Janice	Level 2 Valerie	Level 2 Valerie	Level 2 Valerie	Level 2 Liz	
9 AM	Level 2 Liz				Level 3 Liz	Level 1-2 Janice
10 AM	Level 1-2 Liz	Level 2 Liz	Level 1-2 Janice	Level 2 Liz	Level 1 Liz	Level 1 Janice
11:00	Level 1 Janice	Level 1 Liz				Level 1 Janice
1:00 PM	Level 2 Valerie		Level 3 Lanette			
3 PM						
4:00 PM						
4:30 PM		Level 3 Liz	Level 1-2 Lanette			
5:30 PM	Level 2 Lynette	Level 2 Liz	Level 1-2 Lanette	Level 2 Lynette		

In order to provide our clients with a safe and effective workout during classes, participants must be familiar with the Pilates' principle, exercises, and use of equipment before entering a class. You must be cleared by your instructor to join the following classes:

- Level 1: A great place to start. This basic level class will use the first 32 exercises taught on the reformer. Also appropriate for people who want to progress strength and flexibility while protecting previously injured areas. Clients should be ready to move into an exercise program that progresses slowly, with consideration of previous injury and limitations. It is recommended you check with your doctor or physical therapist before signing up for the reformer classes.
- Level 2: More challenging choreography and intermediate exercises will be introduced on the reformer. Clients should have a good grasp of basic training to enter these classes.
- Level 3: Circuit classes will utilize the reformer, spine corrector, barrel, chair, and trap table. Clients must have a good grasp of the reformer exercises and the biomechanics of Pilates to enter these advanced, fast paced classes. Not appropriate for people with current injuries.
- Level 4: Advanced exercises on reformer, barrel, chair, and trap table are offered only in private sessions. Classes are periodically offered to teach the first 32 exercises necessary for joining regularly scheduled classes. Please inquire at our front desk for more information or to put your name on a list for training.

***Get in shape for your sport rather than using your sport to get in shape.
Correct imbalances before they become acute or chronic problems/injuries.***

Develop every aspect of physical fitness: strength, flexibility, coordination, speed, agility, and endurance!

Heighten body awareness and enhance body control.

Learn correct muscle activation.

Correct posture and alignment, reducing strain on the body.

Improve balance and proprioception.

Focus on breathing and its related physical and psychological benefits.

Promote concentration, relaxation, and the release of tension.

Help keep musculature and bone structure in an optimal state.

Distribute body mass more aesthetically.

All classes are 55 minutes in length. Please arrive on time. If you are early, please wait in the waiting room for your instructor. Clients are not allowed on equipment without supervision.

Please review the Pilates' scheduling procedures available at the front desk.

Cancellations must be made by 4:00 pm of the day prior to your scheduled class or you will be charged the full amount for the class. You are not required to schedule in advance. You may call in the morning to check for space availability for that day. Class will not be held with less than two people, so please respect others and make a commitment to keeping your scheduled class times. If your class is cancelled because of low enrollment, you may use this time as a private session for the discounted rate of \$40.00.

You will be called at 4 pm of the day prior to classes in which you have been placed on a wait list if an opening occurs.

FEES: \$20.00 per class when purchased in packages of 5 or \$100.00.
\$25.00 per class when purchased individually.

PRIVATE AND SEMI-PRIVATE SESSIONS:

One Private Session	\$ 65.00	One Semi-Private Session	\$ 35.00
Prepaid 10 Sessions	\$ 600.00	Prepaid 10 Sessions	\$300.00
Prepaid 20 Sessions	\$1100.00		

Cancellations must be made by 4:00 pm of the day prior to your scheduled appointment. A 50% fee will be charged for cancellations made later than 4:00 pm of the day prior to your scheduled appointment. **No shows will be charged the full amount.**

Packages expire one year from the date of purchase and will not be carried forward, refunded, or transferred to another person.

Credit Cards: We are requesting that you keep a credit card on file that will be used for office charges. You will be notified when your session package is completed before being charged for further classes/sessions.

Snow policy: Please call the office or your instructor for closures due to inclement weather.