



# WHAC Pilates Reformer

**MAY 28–AUG. 2, 2024** (10 WEEKS)

Experience Pilates Reformer in a small group setting at West Hills. Our instructors have several years experience working with all ages and abilities. They have a variety of special certifications including Special Populations and Pink Ribbon. They work with post physical therapy patients, seniors, athletes, and everything in between. Each class is centered around the clients and their needs. Find out for yourself why West Hills' Reformer program has been called the best in the area!

## Class dates and times

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.
6:30 a.m.			MULTI Francois			
8 a.m.	MULTI Francois		MULTI Francois	PRIVATE	PRIVATE	
9 a.m.	MULTI Francois	PRIVATE	MULTI Francois	PRIVATE	MULTI Francois	
10 a.m.		MULTI Alison		MULTI Francois		
11 a.m.	PRIVATE	MULTI Alison		MULTI Alison		
Noon	PRIVATE	PRIVATE	MULTI Alison		MULTI Alison	
1 p.m.				PRIVATE		
4:30 p.m.	MULTI Francois					
5 p.m.			MULTI Alison			

**10** week sessions

**All classes are 50 minutes.**

Some classes may have been added or canceled. For up-to-date info call (269) 387-0413.

If you have three or more people you can start your own class. For details contact

**Carol Raseman at**  
(269) 387-0435 or email  
[carol.raseman@wmich.edu](mailto:carol.raseman@wmich.edu)

**FREE consultation and demonstration**

It is recommended you meet with a Pilates Reformer instructor prior to signing up. You will learn a few of the basic exercises and decide which class best suits your needs. Go to [westhillsathletic.com/pilates-reformer](http://westhillsathletic.com/pilates-reformer) and click on the free demo link. Contact Carol Raseman at (269) 387-0435 or [carol.raseman@wmich.edu](mailto:carol.raseman@wmich.edu) for more questions.

## Pricing

<b>10 week sessions</b>	<b>Member</b>	<b>Guest</b>
1 class per week	\$200	\$250
2 classes per week	\$400	\$500
3 classes per week	\$600	\$750
Drop-ins (call first)	\$25	\$30
Private Lessons	\$64	\$66
Duet Lessons*	\$38	\$43

(\*Prices are per person)

MULTI-Multi-level: A mixed group of levels and exercises. Good for most participants. Modifications will be provided to personalize the workout.

**CLASSES FILL UP QUICKLY, SIGN UP TODAY!**



# WHAC Pilates Reformer

## Special benefits:

Pilates Reformer exercises can be done by anyone irrespective of age and sex.

If you have normal health, these exercises perk up your trunk, pelvis and shoulder girdle. It improves breathing patterns, corrects spinal and pelvic alignment. It streamlines the control over movements of the body.

It develops an athlete's core or deep abdominal muscles along with those muscles that are closest to the spine. It makes the athletes more agile and boosts their performance. It also helps prevent injury through proper mind-body coordination.

For those suffering from Diabetes type I or type II, regular exercise on Pilates Reformer can help to control their blood sugar level. For those suffering from bone problems or osteoporosis, appropriate exercises on Pilates Reformer can help to improve their balance and overall functioning of the body.

For those having heart problems, suitable Pilates Reformer exercises can be done under the guidance of experts. It can streamline the blood supply and improve the overall functioning of the body.

For pregnant women, suitable Pilates Reformer exercises can be done under the guidance of experts. It can improve blood circulation, muscular relaxation and boost energy level.

For those having back, hip or knee problem, Pilates Reformer with a special stand can be more useful.

Thus, the Pilates Reformer is a vital equipment to revitalize your body. It's a sure way to keep you shapely and healthy.

## It will help you to gain:

- Slender and longer muscles
- Strong shoulders
- Strong chest
- Better biceps and triceps
- Leaner calves
- Slimmer hips
- Slimmer thighs
- Tighter buttocks
- Firm abdominals
- Refined breathing patterns
- Increased flexibility
- Correct postures
- Better mind-body coordination