

HEALTHY U

Physical Therapy, Wellness & Pilates Center

WINTER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:25am Early Bird Pilates <i>Leslie</i>	5:30am-6:25am Early Bird Pilates <i>Erin</i>	5:30am-6:25am Early Bird Pilates <i>Leslie</i>	5:30am-6:25am Early Bird Pilates <i>Erin</i>	5:30am-6:25am Hardcore Chair/ Jump Board <i>Leslie</i>	Reserved for Pilates Teacher Training Program
8:30am-9:25am Multi Level <i>Leslie</i>	8:30am-9:25am Multi Level <i>Erin</i>	8:30am-9:25am Multi Level <i>Leslie</i>	8:30am-9:25am Multi Level <i>Erin</i>	8:30am-9:25am Hardcore Chair/ Jump Board <i>Erin</i>	
9:35am-10:30am Multi Level <i>Erin</i>	9:35am-10:30am Multi Level <i>Erin</i>	9:35am-10:30am Multi Level <i>Kathy</i>	9:35am-10:30am Multi Level <i>Erin</i>	9:35am-10:30am Multi Level <i>Erin</i>	
10:40am-11:35am Gentle Pilates <i>Kathy</i>	10:40am-11:35am Entry Level Pilates <i>Kathy</i>	10:40am-11:35am Gentle Pilates <i>Kathy</i>	10:40am-11:35am Entry Level Pilates <i>Erin</i>	10:40am-11:35am Gentle Pilates <i>Kathy</i>	
11:45am-12:40pm Multi Level <i>Leslie</i>	11:45am-12:40pm Multi Level <i>Kathy</i>	11:45am-12:40pm Multi Level <i>Leslie</i>	11:45am-12:40pm Multi Level <i>Kathy</i>		
4:30pm-5:25pm Multi Level <i>Leslie</i>		4:30pm-5:25pm Multi Level <i>Erin</i>			
5:35pm-6:30pm Multi Level <i>Kathy</i>		5:35pm-6:30pm Multi Level <i>Kathy</i>			

• Personal Training Sessions Required to Join a Class •

Class Size Limited to 10!

FEE SCHEDULE:

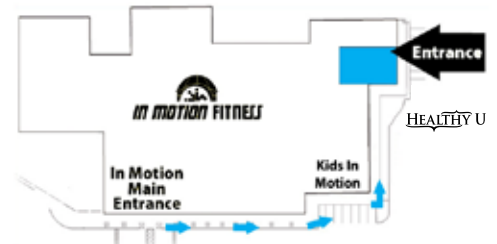
Discounted rates to reserve spot in class. No Prorating.

Makeups must be used in the same month and are not guaranteed.

If you plan to miss classes during the month please pay the \$25 drop-in per-class rate.

- 1 day/week: \$75/month
- 2 days/week: \$125/month
- 3 days/week: \$165/month
- 4 days/week: \$215/month
- 5 days/week: \$275/month
- 1 Drop-in class: \$25
- 10 pack: \$200 (must be used within 3 months)

Healthy U Studio is located just around the corner from Kids In Motion



3 Guiding Principles of Pilates:

1. Whole Body Health
2. Whole Body Commitment
3. Breath

-Joseph Pilates, Return to Life

Randy Hobbs - PT Kathy Hobbs - MPT
Physical Therapists • Polestar Trained in Pilates
Healthy U Owners

For more info call: (530)345-REHAB (7342)

www.HealthyUChico.com



Rev. 12/17/18

HEALTHY U

Physical Therapy Wellness & Pilates Center

PILATES: A form of exercise used for rehabilitation and fitness designed to organize the body from head to toe. A mind body and conscious breathing experience that gives your brain control of your muscles. Sophisticated equipment is used that was designed to provide resistance or assistance to enable the body to move through extraordinary motions that improve flexibility and strength. Sounds intriguing, it is! Learn to organize your body with a stable foundation, the core, which allows efficient movement of the entire body.

OUTCOMES OF PILATES: Heal from pain! Improved sports performance! Run faster! Swim better! Regain continence! Jump higher! Flatter stomach! Relaxation! Breathe completely or more fully! Prevent prolapse! Build bone density, more efficiently, have better posture, the benefits are endless!

CLASS DESCRIPTIONS

All pilates classes are designed to provide a balanced movement experience utilizing all pilates equipment and apparatus.

MULTI-LEVEL PILATES: These classes include more advanced Pilates exercises with an increased pace allowing the client to move through a greater number of movements. A session may include different Pilates equipment along with more choreography, transitions and flow to improve agility, power, sports performance, overall strength and coordination. Less advanced options are given for beginning and intermediate clients.

GENTLE PILATES: A group class designed for anyone needing a slower pace with lighter springs or modifications.

ENTRY LEVEL PILATES: This class is designed for patients transitioning from Physical Therapy, those new to class, or anyone who would like to return to the basics. This class is intended to be at a slower pace so each participant can deeply focus and integrate all of the Pilates Principles. This includes head to toe organization, dynamic foot alignment, leg alignment, pelvic and spinal optimal position, deep core control, axial elongation and spinal articulation, head neck and shoulder organization, and finally dynamic alignment with total body integration.

HARD CORE CHAIR/JUMPBOARD: A whole class on the Pilates Chair and Jumpboard. All your muscles will feel this challenging work out. Faster pace, including sweat! Leave feeling revitalized and energized.

PERSONAL TRAINING

Because of the complexity of the Pilates method and the unique cueing and equipment used, it is essential that one experience private sessions prior to joining a class.

One-on-One

\$75/session

\$210 for 3 pack (\$70/session)

\$390 for 6 pack (\$65/session)

\$720 for 12 pack or more (\$60/session)

Duo Training

\$90/session

\$255 for 3 pack

\$480 for 6 pack

\$900 for 12 pack