

# HEALTHY U

## Physical Therapy, Wellness & Pilates Center Fall 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:25am Multi Level Leslie	5:30am-6:25am Multi Level Erin	5:30am-6:25am Multi Level Leslie	5:30am-6:25am Multi Level Erin	5:30am-6:25am Multi Level Leslie	
	6:35am-7:30am Multi Level Erin		6:35am-7:30am Multi Level Erin		
	8:30am-9:25am Multi Level Erin	8:15am-9:15am Yoga- Vinyasa Flow Kalaka	8:30am-9:25am Multi Level Erin	8:15am-9:15 am Yoga- Vinyasa Flow Kalaka	
	9:35am-10:30am Multi Level Erin	Entry Level 9:35am- 10:30 am Kathy	9:35am-10:30am Multi Level Erin	Entry Level 9:35am- 10:30 am Kathy	
10:45am-11:40 am Pilates Beginner Level Leslie	10:45am-11:40 am Multi Level Kathy	10:45am-11:40 am Beginner Level Leslie	10:45am-11:40am Multi Level Kathy	10:45 am-11:40 am Beginner Level Leslie	
11:45am-12:40pm Multi Level Leslie	12:00pm-12:55pm Explore Yoga Kalaka	11:45am-12:40pm Multi Level Leslie	12:00pm-12:55pm Explore Yoga Kalaka		*Coming Soon* Circuit Class
4:30pm-5:25pm Multi Level Erin	4:30pm-5:25pm Multi Level Kathy	4:30pm-5:25pm Multi Level Erin	4:30pm-5:25pm Multi Level Kathy		
5:35pm-6:30pm Multi Level Autumn		5:35pm-6:30pm Multi Level Autumn			
Personal Training Sessions Required to Join a Class • Class Size Limited to 9 •					

### FEE SCHEDULE

#### PILATES

- 1 day/week: \$80/month
- 2 days/week: \$145/month
- 3 days/week: \$220/month

#### YOGA

- 1 Drop-in class: \$15
- 10 Pack: \$120
- 2 Days/week: \$100

# 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.

**POST REHAB:** A specially designed class for former or current patients that want to transition to a group setting. This class is taught by a Physical Therapist or Physical Therapist assistant with the assistance of a Pilates Instructor. This is an excellent setting to learn the basics on all apparatuses including the reformer, chair, spine corrector, and tower. Must have prior consent to join this class.

**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.

**INTRO TO YOGA:** If you ever wanted to learn the basics of yoga this class is for you. It is appropriate for beginners, people transitioning from PT, anyone who would like to start a yoga practice of Asana, Pranayama, basic yoga philosophy, or anyone who wants a slower pace. All classes will include basic traditional postures, Vinyasa flow-aligning breath with movement, mindfulness and Savasana.

**YOGA- VINYASA FLOW:** This class is challenging and meant for people accustomed to hard work and/or a strong yoga background. Vinyasa is a system of linking breath with movement. During the class it is the goal to have the breath and the movement become one. Yoga Asana are postures that are intended to quiet the mind allowing for a true experience with our inner being and our oneness with all beings.

## YOGA & PILATES PERSONAL TRAINING RATES

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**