



# Pilates Reformer ROOM SCHEDULE

2022	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 - 7:05 am		<b>POWER</b> (Wendy)	<b>POWER</b> (Wendy)	<b>POWER</b> (Wendy)	<b>POWER</b> (Wendy)	
7:15 - 8:05 am		<b>PULSE</b> (Tabi)				
8:30 - 9:20 am						<b>POWER</b> (Rachael or Wendy)
9:00 - 9:50 am					<b>PULSE</b> (Amy)	
9:30 - 10:20 am						<b>POWER</b> (Rachael or Wendy)
10:00 - 10:50 am	<b>PULSE</b> (Dana)		<b>PULSE</b> (Amy)			
11:00 - 11:50 am		<b>PULSE</b> (Tabi)		<b>PULSE</b> (Kristi)		
12:00-12:30 pm			<b>PULSE</b> 30 min class (Kristi)			
3:30-4:20 pm	<b>PULSE</b> (Tabi)	<b>PULSE</b> (Tabi)		<b>PULSE</b> (Tabi)		
5:30-6:20 pm	<b>POWER</b> (Rachael or Wendy)	<b>POWER</b> (Wendy)				
5:45-6:35 pm					<b>PULSE</b> (Tabi)	

**\*\*24 hour cancellation required\*\***

Pilates Reformer Director: Wendy Johnson (206) 859-1175

\*PLEASE NOTE: Classes with Wendy and Rachael are on a rotational schedule and may vary each week.

# CLASS DESCRIPTIONS

## **SCULPT:**

*Beginner: A perfect intro to Pilates Reformer. This is a lower intensity session designed to release your stress levels & increase breathing awareness while stabilizing your core & accessory muscles.*

## **PULSE:**

*Intermediate: Elevate your heart rate and start to push your limits. Flexibility is combined with strength to engage the smaller accessory muscles to assist in balance & stability. Every exercise is designed to strengthen the correct foundation of your powerhouse (core).*

## **POWER:**

*Advanced: Get ready to **SWEAT!** This is a high intensity workout designed to fatigue your muscles, build strength, & sculpt while learning proper form & alignment.*

*\*Minimum of 3 previous reformer classes required before participating in Coeur Power*

## **Pilates Class Prices:**

*Single 50 min class: \$25*

*5 class package/50 min classes: \$100*

*Single 30 min class: \$15*

*5 class package/30 min classes: \$75*