

The Pilates Reformer



The Pilates Reformer takes all of the core building benefits of Mat Pilates and takes it a step further. The resistance of the strap and pulley system, allows people of all fitness levels to achieve a good and effective workout which improves posture and coordination.

The bars and cables of the Pilates Reformer allow exercise movement through a full range of motion, by providing assistance and resistance.

This type of training achieves a long, and lean muscle workout.



The Pilates Reformer provides a fluid resistance component to exercise which provides a unique opportunity to see results from your workouts faster.

As you become more proficient with the reformer, you will use more of your own strength and coordination to execute each exercise.

Consistently working on the

THE
NATATORIUM
COMMUNITY • WELLNESS • RECREATION
CITY OF CUYAHOGA FALLS

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Pilates Reformer at The Natatorium



“Pilates is complete coordination of
body, mind, and spirit”

Joseph Pilates

Pilates Reformer Trainers

Julie Shepherd

ACE—Group Fitness, NETA-Yoga, Group Fitness & Fitour Pilates

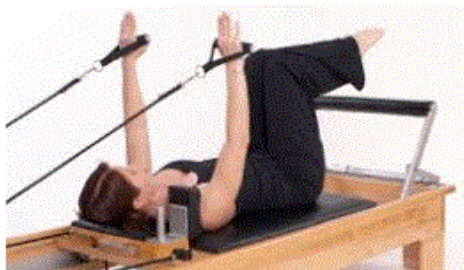
Julie has been in the healthcare field for over 20 years. She integrated her personal training, group fitness, massage & pilates reformer skills into a wellness routine. She hopes to share her experience and knowledge to assist in developing your own wellness routines.

Jessica Wallis

Jessica is certified as a Balanced Body Reformer Instructor. She is a classically trained ballet dancer who fell in love with Pilates. She joyfully incorporates the core strength and lean muscle development principles of Pilates with her clients.

Natalie Baranek

Natalie has completed Pilates Reformer training through NETA and is also a certified fitness instructor & personal trainer. She is passionate about helping others build strength, flexibility and feel their absolute best!



Fees and Packages

Fees

Purchase a Multipass for Pilates reformer online with Amilia® or at the main desk. Payments are accepted by check, cash, credit card or gift card.



Intro package:



Our Intro package consists of three one hour private sessions. This package is offered one time to brand new clients only.

All training sessions are subject to the addition of current tax rates.

Intro Session package	\$100.00
One session	\$40.00
Five Sessions	\$195.00
Ten Sessions	\$380.00

TEAM PILATES: Maximum of 2 participants and **BOTH** participants must be present for each session. Fee per person, \$30.00.

Total cost, \$60.00.

Multipass Reformer session pricing

Membership to the facility is NOT included in the reformer training fee. Non members will need to pay the daily entrance fee to the facility. **Cancellations**

The Reformer Trainer must be notified 24 hours in advance for a cancellation to avoid being charged for that scheduled session.

Session Information

Pilates Reformer Studio

All Pilates Reformer sessions are held in our private training room located in the Conference area on the main floor of the Natatorium.

The Pilates Reformer trainer will meet you on the main desk 5 minutes prior to the start of each session.

Pilates Health Form

Forms may be filled out online in the Amilia® app, or they are available at the main desk.

Participants must be at least 18 years of age to purchase Reformer sessions.

Pilates Reformer sessions are a one hour, one-on-one private sessions with your Pilates Reformer trainer. Training session are scheduled with the trainer.

The trainers availability can be located on our Amilia® app.

