

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 reformer can improve your body composition.

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

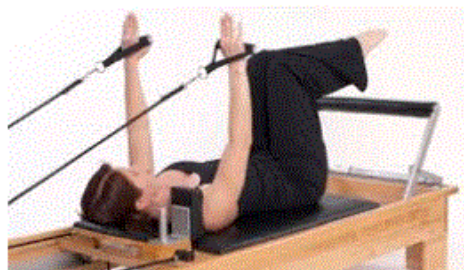
Julie has been in the healthcare field for over 20 years. She integrated her personal training, group fitness, massage & pilates reformer skills into a wellness routine. She hopes to share her experience and knowledge to assist in developing your own wellness routines.

Lenore France

CRNA, MSN, RYT 500hr, paddle instructor. Lenore is a registered nurse anesthetist for 33 years. She maintains her health with a balance between rest & exercise and looks forward to sharing that & has insights into maximizing fitness at any age.

Nikki Lennon

NETA - Pilates Reformer, Barre, strength, Yoga, Balance, Cardio, Yoga. Boot Camp Nikki enjoys inspiring others to empower themselves physically, mentally & spiritually through the practices of pilates, yoga & barre. Her goal is to create a safe & challenging experience that allows students to tap into the best version of themselves!



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

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.

www.fallsnat.com

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.

