

MEET THE INSTRUCTORS



GAIL MCLAUGHLIN

With 32 years of AFFA fitness certification, Gail has been a WSC Instructor since 2007. She is certified in mat-based Pilates by Physical Mind Institute. She holds a Peak Pilates Certification for all apparatuses and comprehensive beginner and intermediate levels for Reformer. Gail is available to teach private, semi-private, and group sessions, and has a personal interest in introducing more seniors to the Reformer.



CORIE RECTENWALD

Corie is a certified yoga and Pilates instructor, completing intensive courses on mat, reformer, Cadillac, chair and barrels. Corie was first introduced to Pilates reformer as a way to recover from an injury and quickly fell in love with the practice and its emphasis on alignment and body control. She looks forward to sharing the Pilates principles with clients to help them achieve balance and strength from the inside out.

Corie graduated from the University of Illinois - Champaign/Urbana with a background in Health Planning and Administration and has always had a passion for helping others feel their best through movement and exploring the mind-body connection.

www.wheatonsportcenter.com

PILATES REFORMER

The resistance created by the pulley and spring system of a Reformer provides a challenging strength and endurance workout.

- Builds core strength
- Improves posture & alignment
- Increases muscular tone
- Positive body awareness
- Increases flexibility
- Enhances sports performance



Pilates Reformer is a great practice for assisting individuals with limited mobility. If you are interested in Pilates Reformer and require modifications, please contact Karen Flynn at 630-315-5347.

**PRIVATE AND SEMI-PRIVATE
INSTRUCTION ALSO AVAILABLE.**

For more information, contact:

Katie Martin

The Studio Manager

630-315-5347

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2024-01-15

PILATES REFORMER



**STRENGTHEN
DEFINE
ENERGIZE**



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CLASS SCHEDULE

CLASS LEVEL & INSTRUCTOR	DAY/TIME	MEMBER FEE	GUEST FEE
Pilates Strong Flow Int	Gail M 8:00-8:55am	\$30/day	\$48/day
Pilates Beg/Int	Gail Tu 8:00-8:55am	\$30/day	\$48/day
Pilates Intermediate	Gail W 9:15-10:10am	\$30/day	\$48/day
Pilates Intermediate	Gail Th 12-12:50pm	\$30/day	\$48/day
Pilates All Levels	Corie S 7:00-7:55am	\$30/day	\$48/day
Pilates Fundamentals	By Appointment	\$50	\$75
Drop-Ins	By Appointment	\$30	\$48

Classes are enrolled and billed monthly.

Monthly fees will vary depending on number of days class meets in a month.

Ex. February Monday classes will be \$120/192,
February Thursday classes will be \$150/240.



CLASS DESCRIPTIONS

Pilates Reformer Fundamentals

Prerequisite: None

In this 55-minute Private Consultation, you will learn the Pilates principles: breathing, pelvic and rib cage placement, shoulder stabilization, and cervical placement and mobilization needed for the Reformer classes. The popular reformer will be introduced; you will learn how to set it up and how it is used in class.

To schedule a Pilates Fundamentals appointment, please contact Katie Martin at 630-315-5347

Pilates Foundation Flow (Monthly)

Skill Level: Moderate

Prerequisite: None

Learn and move through the foundations and the basics of the Pilates method using the Pilates reformer. This piece of equipment features a bedded carriage with a system of customizable springs, ropes and pulleys which offers a unique form of exercise involving eccentric and concentric movements in order to focus on muscle tone and core strength. In this class, you will learn the fundamentals of alignment, breath, and proper movement mechanics at a slower pace while flowing through different variations of beginner exercises. Work the entire body in all planes of movement focusing on gradual progressions of Beginner Pilates exercises with a focus on building a strong body and core in an efficient way. This class is suitable for those who are new and those who are familiar with Pilates who would like to dive back into and focus on the basics.

Pilates Strong Flow Int (Monthly)

Skill Level: High

Prerequisite: Pilates Fundamentals and completion of minimum of two 4-week Beginner/Intermediate sessions or instructor approval

Build a strong body from head to toe using the Pilates Reformer. This piece of equipment features a bedded carriage with a system of customizable springs, ropes and pulleys which offers a unique form of exercise involving eccentric and concentric movements in order to focus on muscle tone and core strength. Using the six fundamental principles of the Pilates Method which are Breathing, Centering, Concentration, Control, Flow, and Precision, work the entire body in all planes of movement focusing on gradual progressions of intermediate Pilates exercises with a focus on getting stronger.

Participants in Pilates Reformer classes must pre-register for the full session prior to attending classes. Drop-ins are not allowed unless prior permission has been granted by the instructor.



STRENGTHEN DEFINE ENERGIZE

PRIVATE PILATES LESSONS

PRIVATE LESSON TYPE	ELITE MEM/GST
Private - 60 minutes	\$75 / \$100
Private - 30 minutes	\$41 / \$54
Semi Private - 60 minutes	\$50 / \$75
Semi Private - 30 minutes	\$28 / \$41
Small Group - 60 minutes (price per person)	\$44 / \$69

CANCELLATION POLICIES

- Participants can make up one class per monthly session as space allows.
- Classes must be made up during same session.
- Due to the small class size, make-up classes must be scheduled through your instructor. Every effort will be made to honor your requests.
- Confirmation email is required to guarantee space is available in equivalent level and reserved for you.
- If you are unable to attend a class, please contact your instructor at least 24 hours prior to class so they can accommodate other participants to schedule a makeup.
- A previously-scheduled make-up class cannot be made up.