

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.

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.

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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2024-02-20

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 7:30-8:25am	\$30/day	\$48/day
Pilates Intermediate	Gail W 9:15-10:10am	\$30/day	\$48/day
Pilates Intermediate	Gail Th 11-11:55am	\$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.

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.



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 All Levels (Monthly)

Skill Level: Moderate

Prerequisite: Pilates Fundamentals

This class is for individuals who successfully demonstrate basic Pilates principles and fundamental exercises. Variations of basic exercises will be used to continue building upon endurance, core strength, and flexibility.

Beginner/Intermediate (Monthly)

Skill Level: Moderate

Prerequisite: Pilates Fundamentals

This class is for individuals who successfully demonstrate basic Pilates principles and fundamental exercises. Variations of basic exercises will be used to continue building upon endurance, core strength, and flexibility.

Intermediate (Monthly)

Skill Level: High

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

Designed for Pilates enthusiasts, individuals in this class will learn challenging sequences and variations on basic Pilates exercises. This high-intensity class is designed to keep your body in motion with minimal rest between exercises. It is expected that each participant has a thorough understanding of the Pilates system.



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.

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

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