



# PILATES



## WHAT IS PILATES?

Developed by Joseph Pilates in the early 1900's, the method is designed to improve overall posture, strength and flexibility. Pilates employs a series of fundamentals that involve precise and controlled movement with an emphasis on connecting your breath to your "powerhouse" or core. Mindfully connecting to the core will allow the limbs to work from a stabilized position, preventing injury caused by overcompensating for any weaknesses.

## BENEFITS:

- Improves posture
- Develops core strength
- Relieves back pain
- Strengthens bones
- Rehabilitates injuries

PILATES MAT CLASSES

Using your own body’s resistance, Pilates Mat and Pilates with Props classes help you strengthen your core and lengthen your muscles while improving your balance and coordination. LSF offers a variety of Pilates mat classes, included with membership, through our Group Fitness program. Check the Group Fitness schedule for times and locations.

GROUP REFORMER CLASSES

The reformer, a fitness machine designed by Joseph Pilates that uses a moving carriage attached to different springs, provides resistance for strengthening your core and improving your balance. The reformer is great for all levels and LSF offers classes that cater to beginners and experts alike. Members may purchase and register for reformer classes at the front desk.“

**\* Group reformer classes require a 24 hour signup with the front desk**

**1 ORIENTATION SESSION**  
(complimentary 30 minutes session)

**2 PRIVATE SESSIONS**

**3 GROUP REFORMER CLASSES\***

PILATES PACKAGES	PILATES MAT CLASSES		
	1 Session	6 Sessions	12 Sessions
Private Session	\$73	\$69 (\$414 total)	\$65 (\$780 total)
Duet Session (per person cost)	\$56	\$52 (\$312 total)	\$49 (\$588 total)
Group Session (3 - 5 per person cost)	\$30	\$114 total	\$228 total

Reformer classes	
Tuesday	9:15am
Wednesday	9:15am
Thursday	9:15am
Saturday	10:00am

For more information contact:  
**PT360@LakeshoreSF.com**