

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. Classes require a 24-hour sign-up with the front desk. New members can enjoy a complimentary initial Pilates evaluation to learn how to use the reformer prior to a group class!

PRICE/SESSION

Sessions	Base	Senior	Specialist	Buddy	Master	Private Group	Fit Family
1	\$83	\$93	\$103	\$61.5	\$110	\$41.5	\$125
6	\$83	\$93	\$103	\$61.5	\$110	\$41.5	\$123
12	\$80	\$90	\$99	\$58	\$107	\$38.5	\$116
24	\$77	\$87	\$95	\$56.5	\$104	\$35.5	\$113
50	\$73	\$83	\$91	\$55	\$99	\$32.5	\$105

TOTAL PACKAGE PRICE

Sessions	Base	Senior	Specialist	Buddy	Master	Private Group	Fit Family
1	\$83	\$93	\$103	\$61.5	\$110	\$41.5	\$125
6	\$498	\$558	\$618	\$369	\$660	\$249	\$738
12	\$960	\$1,080	\$1,188	\$696	\$1,284	\$462	\$1,392
24	\$1,848	\$2,088	\$2,280	\$1,356	\$2,496	\$852	\$2,712
50	\$3,650	\$4,150	\$4,550	\$2,750	\$4,950	\$1,625	\$5,250

REFORMER CLASS

Wednesdays, 12pm

To enroll, please register at MyLSF.net or via the MyLSF App.

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