

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.

LEVEL 1

Reformer classes use the Pilates carriage is attached to different springs, providing resistance for strengthening your core and improving your balance. Level 1 classes will focus on core stability and key reformer exercises. This class welcomes individuals new to the reformer, those working through injuries, and those who are looking to build core strength and stability.

LEVEL 2

Reformer classes use the Pilates carriage is attached to different springs, providing resistance for strengthening your core and improving your balance. Level 2 classes will focus on more advanced movements and variations of exercises. This class welcomes individuals looking to tone and strengthen.

PILATES REFORMER GROUP CLASS SCHEDULE

Monday	Tuesday	Thursday
4:30pm - Level 1	8am - Level 1	8am - Level 1
5:45pm - Level 2	9:15am - Level 2	9:15am - Level 2
	10:30am Level 1	10:30am Level 1

TOTAL PACKAGE PRICE

Sessions	Base	Senior	Specialist	Master	Buddy	Private Group	Fit Family
1	\$90	\$100	\$110	\$119	\$65	\$45	\$135
6	\$540	\$600	\$660	\$714	\$390	\$270	\$810
12	\$1,037	\$1,166	\$1,271	\$1,387	\$738	\$499	\$1,503
24	\$1,996	\$2,255	\$2,440	\$2,696	\$1,437	\$920	\$2,929
50	\$3,942	\$4,482	\$4,869	\$5,346	\$2,915	\$1,755	\$5,670

To enroll, please register at MyLSF.net or via the MyLSF App.
For more information contact:
LPPilates@LakeshoreSF.com