HENRY MAYO FITNESS AND HEALTH

PILATES Reformers

MONDAY

9:00am-10:00am Robin Padelford

10:00am-11:00am Robin Padelford

4pm-5pm Tina Johann

5:30-6:30pm Tina Johann*

TUESDAY

9am-10am Lisa Colvard

12pm-1pm Miriam Lipner-Brienik*

5:30pm-6:30pm Samar Kantar

6:30pm-7:30pm Samar Kantar

WEDNESDAY

8:30am-9:30am Tina Johann

10:00am-11:00am Emily Ferialdi

11am-12pm Robin Padelford

5:30pm-6:30pm Robin Padelford

THURSDAY

9am-10am Lisa Colvard

10am-11am Lisa Colvard

2:30pm-3:30pm Miriam Lipner Brienik*

4pm-5pm Tina Johann

5:30-6:30pm Tina Johann

FRIDAY

9am-10am Samar Kantar*

10am-11am Samar Kantar

11:00am-12:00pm Samar Kantar

1pm-2pm Miriam Lipner-Brienik

SATURDAY

9am-10am Robert D'Souza

10:30am-11:30am Robin Padelford

Introduction Classes:

***Monday:* 5:30-6:30pm with Tina Johann**

***Tuesday* 12pm-1pm Miriam Lipner-Brienik**

***Thursday:* 2:30pm-3:30pm Miriam Lipner-Brienik**

***Friday:* 9am-10am with Samar Kantar**

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PILATES

Reformers

INTRODUCTION TO PILATES

Are you interested in trying a Pilates Reformer class? Have you done a class or two but feel like there are some fundamentals you missed out on learning? Our Introduction to Pilates program is perfect for you! New to Pilates or just interested in joining one of our regular classes, this program is here to help get you started.

Covered in this program:

Reformer Knowledge

- Equipment Set up
- Spring Tension

Basic principles

- Breathing, Cervical placement, shoulder stability, rib placement, pelvic stability

Essential Movements

- Footwork, Mid back Series, Arms pulling straps, Basic box work

Fundamentals

- Stability through movement
- Breath pattern through movement
- Feet in straps

This program is offered every month and a requirement if you are looking to join a regular class.

If the available times do not work for you, we also offer 30 minute private lessons at a discounted rate to help get you started.

Talk to the front desk to reserve your spot or email gagerd@henrymayo.com for more information