

Pilates Studio Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pilates Equipment Sam A. 7 a.m. <i>punch pass</i>		Pilates Equipment Sam A. 7 a.m. <i>punch pass</i>			
					Beginners Pilates Sam 8 a.m.
Pilates Equipment Shelly J. 9 a.m. <i>punch pass</i>	Pilates Equipment Shelly J. 9 a.m. <i>punch pass</i>	Pilates Equipment Shelly J. 9 a.m. <i>punch pass</i>	Pilates Equipment Shelly J. 9 a.m. <i>punch pass</i>	Pilates for Osteoporosis Sam 9 a.m.	Beginners Pilates Sam 9 a.m.
Posture Project Shelly J. 10 a.m.	Beginners Pilates Sam 11 a.m.	Pilates for Osteoporosis Sam 10 a.m.	Back in Motion Sam 10 a.m.	Pilates Equipment Shelly J. 10 a.m.	
					SUNDAY
Pilates Equipment Shelly J. Noon <i>punch pass</i>		Pilates Equipment Shelly J. Noon <i>punch pass</i>		Pilates Equipment Shelly J. Noon <i>punch pass</i>	
Pilates Equipment Shelly J. 6 p.m. <i>punch pass</i>		Pilates Equipment Shelly J. 5:30 p.m. <i>punch pass</i>			

Class Descriptions

Back in Motion

Back in Motion Pilates helps you build a stronger, healthier back by strengthening your core, improving posture and increasing flexibility. A strong core supports and stabilizes the lower back, while better posture improves alignment and reduces strain on the spine. Flexibility work helps release tightness, ease tension and keep the back moving freely. Modifications are offered for all mobility levels.

Beginners Pilates

Each week, you will learn new exercises to challenge your body for a full-body workout. Participants will work to improve their posture and body awareness throughout this eight-week class. Modifications can be made for all mobility levels.

Pilates Equipment

Enjoy group classes on our Balanced Body Reformers and chairs. Experience singular methods of exercise that help today's fitness enthusiasts and athletes achieve new levels of performance. We offer both group settings as well as private and duet settings within our new Pilates studio.

Pilates for Osteoporosis

This eight-week small group class focuses on exercises designed to enhance bone density, balance, flexibility, and joint mobility. You'll learn techniques and modifications to ensure proper alignment and safety at every stage. Ideal for those looking to support bone health in a safe, guided environment.

Posture Project

Improve your posture and move with greater ease in this focused Pilates class designed to realign and rebalance your body. This class targets the abdominals, lower back, hips and pelvic floor, also known as your core "powerhouse" muscles, along with key postural muscles like the glutes, inner thighs and upper back. You'll work to build strength, increase body awareness and develop better alignment, helping to reduce tension and prevent postural imbalances. Ideal for all levels, especially those who spend long hours sitting or want to stand taller with confidence.

New to Pilates? Please contact us to set up a one-time introduction to Pilates session. This session will help you see the benefits that Pilates can have for your body.

For more information, please visit the Member Services desk.



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