

# REFORM YOUR BODY

## POLICIES AND PROCEDURES

### REGISTRATION

Registration must be done in person and payment must be made in full at the time of registration. No refunds will be given.

### CANCELLATIONS

All cancellations must be made 24 hours in advance. The participant will be charged for non-attendance or for cancellations made less than 24 hours in advance.

### PREREQUISITE

The INTRODUCTION TO PILATES REFORMER is a mandatory class for those signing up for GROUP REFORMER CLASSES. This class is not mandatory if you have had prior Reformer experience.

PRIVATE TRAINING and DUET packages must be used within a given time frame. Unused sessions expire and will not be refunded.

1 Session: 30 days

5 Sessions: 60 days

10 Sessions: 90days

REFORMER CLASSES may be cancelled in advance due to insufficient registration.

The New  
**Spa 23**  
Health & Racquet Club  
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# PILATES



## REFORM YOUR BODY

Reform Your Body is a Pilates program based on the principles of exercise created by Joseph Pilates using Pilates Reformer equipment. The Reformer enables you to gain core stability while developing peripheral strength. Each movement will strengthen both your stomach and back muscles and increase flexibility while creating long lean muscles. This program is appropriate for all fitness levels, most special needs and anyone without prior Pilates experience.

Many people come to Pilates while a single goal in mind but walk away with an unexpected change in their overall appearance. At least 70 years ago, Joseph Pilates claimed that given 30 days he could change your appearance. We've seen it. We're ready. ARE YOU?

# Transform The Way Your Body Looks, Feels, and Performs

## INTRODUCTION TO PILATES REFORMER

An introductory class is REQUIRED for those with no previous Pilates Reformer training. You will learn the breathing technique, proper body alignment, mechanical knowledge of the machine and familiarization of basic Pilates movements. All sessions last about 1 hour. Classes are offered at various times. **CHECK THE BOARD** for dates and times and sign up at the front desk.



**Build strength  
and muscle tone.**

## GROUP REFORMER CLASS

Small group classes are for those seeking the benefits of Pilates training using the Pilates Reformer. It is a challenging workout geared toward all fitness levels and most personal needs. The class is limited to 5 people. No prior Pilates experience is needed. INTRO TO PILATES REFORMER is REQUIRED. If you haven't done Pilates before, add something new to your exercise routine. If you have done mat Pilates, this equipment will add a new dynamic to your Pilates training. Check the board for dates and times. Sign up at the front desk.

Member: 10 week program: \$189.00

Guest: 10 week program: \$229.00



**Develop core strength  
and control.**

## PRIVATE REFORMER WITH TOWER TRAINING

This is the ultimate Pilates. Your instructor will design an individual program on the Reformer, Tower and Chair considering your goals and special needs while giving you the individual attention and service you desire. A custom program will allow for individual modifications to help you work safely and effectively with your fitness levels. Each session is about 1 hour. Call Spa 23 at 973-839-8823 and ask for Group Fitness to schedule your own private training.

Member: 1 Session for \$60  
5 Sessions for \$55 each  
10 Sessions for \$50 each

90 Minute Session for \$75 each

Non-Member - \$15 more per session



**Increase flexibility  
and agility.**

## DUET REFORMER WITH TOWER TRAINING

A private training session for two on the Pilates Reformer with Tower and Pilates Chair. Individualized training allows you and a partner to motivate each other yet still allow for personal attention. Each participant will be encouraged to find a personal comfort level of progress without a sense of competition. Call Spa 23 at 973-839-8823 and ask for Group Fitness to schedule your duet.

Member: 1 Session for \$45/person  
5 Sessions for \$40/person  
10 Sessions for \$35/person

90 Minute Session for \$55 each

Non-Member - \$10 more per session



**Improve balance  
and coordination.**