

# Feel good. *Now.*



The Mind-Body *Center*  
at the New Canaan YMCA

Revive and recharge in a newly renovated oasis for mind-body exercise and Pilates equipment training... right at the YMCA! A new dedicated center for classes like Pilates mat, yoga, NIA and more. Individual and small group Pilates reformer classes too.



## Getting Started:

- **Private and Semi-Private Pilates reformer** may be scheduled by filling out the blue registration form and waiver (available online and at the Front Desk).
- **Group Pilates reformer classes** begin on September 9 with the start of the Fall program session. Forms will be available starting Monday, August 10.

## Pilates Reformer Exercise

*“Pilates exercise is complete coordination of body, mind, and spirit...”*

-JOSEPH H. PILATES



*Learn more about one-on-one,  
semi-private and group  
classes . . .*



## HISTORY

Pilates was created by Joseph H. Pilates during WWI in hopes to improve rehabilitation efforts for injured veterans. Pilates developed a collection of precise movements that would emphasize the control and form necessary to aid injured soldiers as they worked to regain their health by strengthening, stretching, and stabilizing key muscle groups.

## ABOUT PILATES REFORMER

The Pilates Reformer is an exercise system designed to transform the way your body looks, feels, and performs. It builds strength while creating a sleek, toned body. The reformer teaches you flexibility and good posture by focusing on your “core,” or center, predominantly your abdominals, back, and legs.

The Pilates Reformer is an excellent exercise option for adults of all ages and abilities from top athletes to people just starting a workout regimen. Pilates Reformer exercises are sometimes much easier for the first-timer than Pilates mat exercises, because the machines are elevated off the ground and provide resistance and assistance to the exerciser.

## WHO IS IT FOR?

- New exerciser
- Regular exerciser
- Active older adults
- Post-rehab patients
- Special populations—Fibromyalgia, Arthritis, Pre/Post-natal, etc.
- Athletes

## WHAT ARE SOME OF THE BENEFITS?

- Improves core strength.
- Most back pain is relieved.
- Helps with injury prevention.
- Improves muscle flexibility and joint mobility.
- Increases coordination and improves posture, balance, and alignment.
- Reduces stress in the body and mind.
- Increases your strength and gives your body a leaner, sleeker shape.

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*“In order to achieve happiness, you must gain control over your body.”*

**-JOSEPH H. PILATES**

*Fees and program options. . .*

# 2009 Pilates Reformer Options and Fees

We offer several ways to experience Pilates Reformer exercise: private sessions (1 participant), semi-private sessions (2 participants), and small group classes (4 participants.) All classes and sessions are approximately 50 minutes long.

**We highly recommend that all new participants consider beginning with the “Right Start” package: 3 reduced price, one-on-one sessions that give you a solid foundation of reformer basics. *This package is only available for a one-time purchase.***

**Registration Forms** will be available at the New Canaan YMCA Front Desk or Wellness Center. You will also be able to download these forms off of our website, [www.newcanaanymca.org](http://www.newcanaanymca.org). Questions? Contact Bridget Philipp, 966-4528, ext. 126, or [bphilipp@newcanaanymca.org](mailto:bphilipp@newcanaanymca.org).

Option	#	Fee*
<b>Privates</b> (1 person/1 instructor)	1	\$85
<i>The “Right Start” (one-time purchase)</i>	3	<i>\$195</i>
<i>Non-member rate</i>	3	<i>\$255</i>
	5	\$415
	10	\$800
	20	\$1500
<b>Semi-Private</b> (2 people/1 instructor)	1	\$55*
	5	\$260*
	10	\$500*
	20	\$900*
<b>12-week class</b> (4 people/1 instructor)	12	\$360
<b>8-week class</b> (4 people/1 instructor)	8	\$240

*\*All fees are the per-person price.*



- Fall, Winter, and Spring class sessions are 12 weeks.
- Summer session is 8 weeks.
- You must sign up for the entire session.
- See brochure or insert for exact class session dates and times
- Make-ups or refunds for missed classes are not permitted unless the YMCA cancels a class.
- See brochure for full refund policy.

## Pilates Reformer Instructor Bios

**KENNA FEENEY** is classically trained and certified through Power Pilates in NYC in mat and apparatus. She has been teaching mat and apparatus since 2003. Kenna teaches mat, tower, ball (small apparatus), reformer, and chair classes as well as privates and semi privates. Kenna also can teach special populations including pre and post natal, arthritis patients, and others.

**RHODIE LORENZ** has completed her mat, reformer, cadillac, and barrel training through Stott Pilates. Rhodie applies a contemporary approach to teaching Pilates. Rhodie has been teaching Pilates for two and a half years. Rhodie is an avid cyclist and also is a spin instructor.

**JULIE WARBURG** is a certified mat and apparatus instructor through Power Pilates in NYC. She is also a certified instructor of the New York City Ballet Workout class. Julie teaches group and private classes and works with the Junior Olympic athletes on the Whirlwind Diving team here at the New Canaan YMCA. Julie has over 8 years of teaching experience.