

Pilates

Mat & Reformer Classes

Pilates will transform the way your body looks, feels, and performs!



The Pilates Method focuses on working from the body's core or powerhouse—the abdomen, back, hips, and buttocks. With precise movement patterns and an emphasis on breath, you can improve your strength, posture, agility and flexibility.

Pilates Reformer Training

Experience Pilates on the Reformer and take your workout to a whole new level. Using a specially designed piece of equipment, this class provides a challenging, bone-strengthening endurance workout. The equipment is easily customizable for each user, which allows for many modifications and additional exercises far beyond what can be done on a mat. People fall in love with the reformer—come give it a try to see why.

Group Pilates Reformer Classes *

Experience Pilates Reformer in a fun group atmosphere of up to 6 people at a lower cost. *Prior experience, pre-registration and additional fees are required for these great classes. Group participants may need to complete an intro class or private Pilates reformer session before joining a group.

60-minute Session - \$75

6 pack - \$420 (\$70 each)

10 pack - \$650 (\$65 each)

30-minute Session - \$50

6 pack - \$270 (\$45 each)

10 pack - \$400 (\$40 each)

Group Pilates 60-minute Session - \$35

6 pack - \$195 (\$32.50 each)

10 pack - \$300 (\$30 each)

Pilates Mat

Pilates Mat is a great way to strengthen your core while aligning your entire body using props and your body weight to provide resistance with dynamic exercises that challenge and balance you. View class schedule at tfhd.com.

For more information or to register,

please call (530) 587-3769

or email wellness@tfhd.com

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