

WEEKLY SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	7-8 AM MEGAN		7-8AM KASEY		
LUNCH	12 – 1 PM MOLLIE	11 AM- 12 PM LAUREN	12 – 1 PM MOLLIE & GRACE	11 AM – 12 PM LAUREN	12:30—1:30 PM GINA & PATRICIA
EVENING	5:30 – 6:30 PM KARLEE	5:30 – 6:30 PM ADRIENNE	5:30-6:30 PM LAUREN	5:30 – 6:30 PM MEGAN Q.	
	6:30 – 7:30 PM KARLEE			6:30 – 7:30 PM ERIKA	

What is Pilates? Pilates is a movement modality and exercise method designed to strengthen, lengthen, and balance the body. With systematic practice of specific exercises coupled with focused breathing patterns, Pilates is both a fitness endeavor and a personal centering practice. The system is an important supplement to dance and sport as it both prevents and rehabilitates injury.

Mixed equipment classes may be conducted on one or more of the pieces:

Tower: Strengthen and lengthen your muscles without adding bulking

Reformer: A total body resistance workout that cultivates strength in the abdominals and length in the spine.

Chair: Lift your full body weights off the ground using the spring loaded pedal to adjust resistance.

Pricing:

	Student	Member	Community
One Class	\$12	\$15	\$20
Ten Class Pass	\$100	\$120	\$125

Location: All Pilates sessions and classes will be held in the Pilates Studio located in the Drexel Rec Center.

How to get started: Contact pilates@drexel.edu or stop by the Member Services desk to register.

In partnership with Westphal College of Media & Design Dance Program

Each class is limited to four participants.