

PILATES CLASS AND PRIVATE SCHEDULE

*Advanced class requires instructor approval

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Mat free with membership	10:30a Level 1-2 Valerie		10:45a Level 1 Evangeline 5:30p Level 1-2 Evangeline		10:45a Level 1-2 Christine	12:15p Intro to Pilates (4 th Sat only)	10:45a Fundamentals Various Instructors (weekly schedule posted on bulletin board)
Small Group Reformer	9:15a Valerie	9:00 Advanced* Christine 10:00a Christine	1:00p Restorative Reformer Christine 6:45p Evangeline	9:00a Christine			12noon Various Instructors (weekly schedule posted online)
Private		6am Evangeline 11a, 1p Christine	4:15 Evangeline	10a, 11a, 1p, 2p Christine	12:30p, 1:30p Christine		

Harbor Bay Club's Certified Pilates Instructors

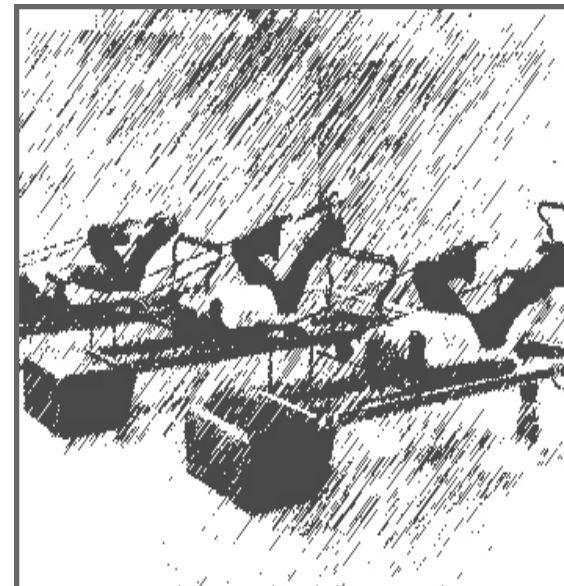
Christine Naish received her Pilates matwork certification through the PhysicalMind Institute in 2001 and in instructing private and semi-private classes on Pilates apparatus in 2002. In 2007 she received a Dance Specialized Pilates certification from the Body Arts Science Institute (BASI). She continues her educational training in Pilates, attending conventions and conferences annually. Christine integrates her extensive background in ballet and other dance forms to create classes that transition seamlessly from one exercise to the next in a flowing mind-body experience.

Valerie Smith is certified to teach Pilates matwork through both the PhysicalMind Institute and ITT, (Integrated Teacher Training of the Bay Area), and is also fully certified in apparatus through ITT. Valerie's background in sports psychology, as well as conditioning and training, coupled with 25 years of teaching Tai Chi, make her uniquely qualified to lead Pilates exercise – a true 'mind & body' discipline.

Evangeline Fitzpatrick is trained in Pilates mat and Reformer through ITT Pilates where the client's needs and abilities direct the teaching. She also recently completed a Reformer certification through Stott Pilates. Evangeline loves practicing and teaching Pilates for the strength, agility, and balance it gives to her clients and herself. In her free time, Evangeline enjoys painting, drawing, and spending time with her husband and two daughters.

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PILATES PROGRAMS

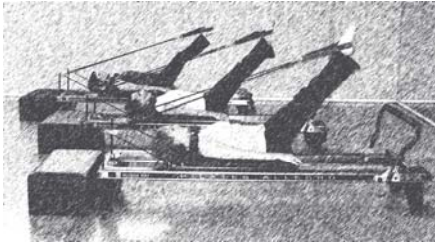


Harbor Bay Club
200 Packet Landing Road
Alameda, CA 94501
510-521-5414 ext. 121

Harbor Bay Club offers an Introduction to Pilates
 4th Saturday of each month
 12:15—1:45
 Free to members / \$15 guests

For more information contact:
 Christine Naish, Mind Body Coordinator
 510-521-5414, ext. 121 cnaish@harborbayclub.com

Harbor Bay Club Pilates Programs



What is Pilates?

Pilates is a unique method of conditioning designed to strengthen the entire body while simultaneously enhancing flexibility. The Pilates method is named after Joseph H. Pilates, who studied yoga, martial arts and gymnastics and developed a system of whole body exercises that integrate the body and mind. Exercises focus on strengthening the center of the body: the core muscles of the back, abdominals, and gluteus. The focus and mental control required in Pilates make it an exercise for the exterior as well as the interior of the body. Clients either work on mats or execute movements on apparatus, like the Reformer and the Wunda Chair that use spring resistance.

Rates

Member / Guest

Private Matwork Sessions	Member	Guest
One (1) one-hour session	\$60	\$78
Six (6) one-hour sessions	\$330	

Private Apparatus Sessions	Member	Guest
One (1) one-hour session	\$65	\$78
Six (6) one-hour sessions	\$360	

Semi-Private (duet) Sessions	Member	Guest
One (1) one-hour session (\$47.50 per member/ \$57 per guest)	\$95	\$114
Six (6) one-hour sessions (\$255 per member)	\$510	

Small Group Reformer Classes
*(Prior Reformer experience required.
 Please schedule a private session
 before registering for any group
 classes.)*

Single Class	\$30	\$42
4-session Class Card	\$115	\$138
8-session Class Card	\$200	

**SIGN UP FOR PRIVATE AND
 SMALL GROUP REFORMER
 CLASSES
 IN THE SPA SHOPPE OR ONLINE
 AT www.harborbayclub.com**

**Cancellations must be made
 24-hours in advance or
 the full session price
 will be charged.**

Pilates Mat Classes (free to members)

Experience a balanced, strong, aligned body. Pilates mat classes help to improve muscle control, flexibility, coordination, strength and tone. An innovative system of body/mind conditioning developed from the principles of Joseph Pilates.

Introduction to Pilates (4th Saturday of the month, 12:15p) is recommended before beginning any Pilates program. Learn the key principles and fundamental movements of Pilates in this 90 minute class. (\$15/guests)

Mat Fundamentals (Sunday 10:45a). Each week, class will focus on one of five key principles of Pilates to allow students to gain a stronger understanding of proper form and technique. Suitable for all.

Mat Level 1 (Wednesday 10:45) is suitable for all levels including beginners who preferably have attended Intro to Pilates or one-month of Mat Fundamentals.

Mat Level 1-2 (Mon. 10:30a; Wed. 5:30p, Fri. 10:45a) a more challenging class suitable for all levels including beginners who have attended Intro to Pilates or one-month of Mat Fundamentals.

Small Group Reformer Classes (fee-based)

During our Small Group Reformer Session with 3-5 people, students will work on the Allegro Reformers and execute the gentle, yet core strengthening exercises of the Pilates Method. **One or more private sessions are required before signing up for any Small Group classes.** (Sun. 12n; Mon. 9:15a; Tues. 10a; Wed. 6:45p; Thurs. 9a)

Restorative Reformer (Wed. 1p) is a specially designed class to help students with special needs -- those recovering from an injury, who are post re-hab, pre-natal or post-natal, or anyone who needs to work at a slower and gentler pace than our standard Small Group Reformer Classes.

Advanced Reformer (Tues 9a) is a specially designed class to challenge our most experienced students. Participants must have a minimum of one year of Reformer experience and approval from the instructor to register for the Advanced Class.