

WHAT IS PILATES?

Pilates is an exercise system developed by Joseph Pilates to strengthen muscles, increase flexibility and improve overall health. Pilates is a series of movements designed to stretch & strengthen. Its effects are not only muscular but mental as well focusing on healthy, deep breathing.

BENEFITS OF PILATES

- ◆ Refreshing mind/body workout
- ◆ Lower stress levels
- ◆ Improve digestion
- ◆ Restore postural alignment
- ◆ Develop a strong core
- ◆ Improve balance & coordination
- ◆ Gain long, lean muscles
- ◆ Prevent injuries
- ◆ Gain flexibility

ALSO OFFERED:

- ◆ Mat Pilates (All Levels)
- ◆ Pilates With Props
- ◆ BarrePOWER

These classes are included with a RAC Membership and are offered throughout the week. See a schedule online for days/times.

INFINITY PILATES AT RAINTREE

For more information about our Pilates program, contact
Mariah Spalding at mariahs@raintreeathleticclub.com



Centre Ave

S. Shields

W. Drake



PILATES & BarrePOWER



RAINTREE ATHLETIC CLUB

2555 South Shields
Fort Collins, CO 80526
970.490.1300

CLUB HOURS

Monday - Friday 5:00am - 12:00am
Saturday - Sunday 6:00am - 10:00pm

CHILDCARE HOURS

Monday - Thursday 8:00am - 8:00pm
Friday 8:00am - 7:00pm
Saturday - Sunday 8:00am - 2:00pm



www.RaintreeAthleticClub.com

OPTIONS

Privates and Duets

A private session involves one-on-one focused attention. Personalized workouts are tailored to meet individual goals and address specific needs. Private sessions are ideal if recovering from injury or have chronic pain. It can also be used as an initial evaluation, an occasional check-in to assure correct form or to further your fitness goals. Duets are 2 students to 1 instructor, offering personal attention and reduced rates.

PRIVATES	Member	Non-Member
Initial Session	\$44.95	
1 Session	\$65	\$75
5 Sessions	\$300	\$350
10 Sessions	\$550	\$625

DUETS	Member	Non-Member
1 Session	\$45	\$55
5 Sessions	\$200	\$250
10 Sessions	\$325	\$425



Pilates Group Equipment Classes

A chance to use a variety of equipment in the studio in a guided setting. This full-body workout increases strength and flexibility, particularly for the back and abdomen, while improving posture, balance and muscle control. Exercises will vary each week and include a combination of Pilates equipment. *Classes are offered to beginning through advanced level students and are limited to 4 students. SIGN UP VIA OUR WEBSITE.*

EQUIPMENT CLASSES	Member	Non-Member
1 Class	\$25	\$30
5 Pack	\$100	\$135
10 Pack	\$160	\$240

Low Chair

The Low Chair is a demanding piece of the Pilates Method. The chair work stresses all of the Pilates essentials - core strength, breath and flowing movement and builds more in terms of balance, strength and coordination. *Classes are offered to beginning through advanced level students and are limited to 4 students. SIGN UP VIA OUR WEBSITE.*

Reformer

The reformer provides a tremendous advantage in educating the body. It is especially effective in teaching you how to work with oppositional energy, a primary component to Pilates. A hugely satisfying full-body workout on these marvelous and ingenious machines that quickly train the body, aligns the back and neck, and challenges the deep core muscles to develop flexibility, strength and balance. *Classes are offered to beginning through advanced level students and are limited to 4 students. SIGN UP VIA OUR WEBSITE.*

Tower

A spring-based piece of Pilates equipment. Exercises performed use springs to either create resistance or to assist the body in movement. Benefit from the support of spring tension to better develop resilient powerful muscles; strong, smooth and decompressed joints and core strength. A fun and exciting workout. *Classes are beginning through advanced levels and are limited to 4 students. SIGN UP VIA OUR WEBSITE.*



BarrePOWER

Pilates and basic ballet conditioning exercises, incorporating light hand weights and intense isometric positions creates long, lean muscles at a quick, motivating pace that burns fat and sculpts the body. Expect to see flatter abdominals, leaner thighs, a lifted rear and greater definition in the arms and back.

**Class is limited to 15 participants. A BarrePOWER pass is required to attend. Passes available at front desk 30 minutes prior to class time. Limit 1 per person. Must be present to reserve a pass.*

