



KEY

- Special Classes
 - Mind/Body
 - Reformer Classes
 - New Class!
 - Class Change
- (N\$) No Cost for Members
 (\$) Cost for Class

See Back for Class Descriptions

317.274.3432 ext. 216
www.nifs.org

MORNING and NOON CLASSES (6 AM – 2 PM)					
MON	TUE	WED	THU	FRI	SAT
Pilates Group Reformer — Laverne (\$) 12:15 – 1:15p	Mat Pilates — Diane (N\$) Noon – 12:50p	Pilates Group Reformer — Laverne (\$) 12:15 – 1:15p	Mat Pilates — Laverne (N\$) Noon – 12:50p	Pilates Group Reformer — Laverne (\$) 6 – 7a	
AFTERNOON and EVENING CLASSES (2 PM – 8 PM)					
					SUN
Mat Pilates — Vickie (N\$) 4:45 – 5:35p	Pilates Group Reformer — Laverne (\$) 6 – 7p	Mat Pilates — Diane (N\$) 4:45 – 5:35p			Mat Pilates — Rachel/Diane (N\$) 12:30 – 1:20p
Pilates Group Reformer — Vickie (\$) 5:45 – 6:45p		Pilates Group Reformer — Vickie (\$) 6 – 7p			

Pilates Options:

Mat Pilates

Move through a series of floor exercises which emphasize proper control and quality of movement rather than repetition. You will improve flexibility and postural alignment by developing and maintaining strong core muscles using the resistance of your own body. Meet in Group Fitness Studio. (50 min)

Reformer Training

Taught on the Reformer, equipment originally designed by Joseph Pilates, this low-impact exercise will increase your strength, improve alignment and posture, increase flexibility and synchronize the mind and body no matter what your fitness level.

Private and Duet Sessions

If personal attention is your thing, try our one-on-one sessions or bring a friend and make it a duet. Both taught on the reformer with our specialized instructors that design a personalized workout to fit your goals.

For more information or to register call the Service Desk at 274.3432, ext. 216 or email Diane Miller, Group Fitness Coordinator, at dmiller@nifs.org. Non-members may purchase punch passes (\$50/5 days or \$100/10 days) or day passes for \$15 which include group fitness classes.

Sessions	1	5 pack	10 pack
Private	\$55M/\$65NM		\$500M/\$600NM
Duet	\$35M/\$45NM		\$300M/\$400NM
Group	\$25M/\$35NM	\$115M/\$160NM	

