



Class Schedule 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MULTI-LEVEL REFORMER 7:00-7:45 am Carlyn	MULTI-LEVEL REFORMER 6:50-7:40am Carlyn	REVOMOTION™ Pilates Equipment 7:00-7:55 am Carlyn	ACADEMY FIT 5:30-6:30 am Sarah	
	MULTI-LEVEL REFORMER 9:40-10:25 am Carlyn	SENIOR FIT 10:15-11:00 am Carlyn	ACADEMY FIT 8:10-9:25 am Carlyn	MULTI-LEVEL REFORMER 8:30-9:15 am Carlyn	PILATES REFORMER & STRENGTH 9:00-9:45 am Sarah
REVOMOTION™ Pilates Equipment 9:30-10:25 am Carlyn	BLAST REFORMER 10:35-11:20 am Carlyn		MULTI-LEVEL REFORMER 9:30-10:15 am Carlyn		
CORE & MORE Beg. Mat Pilates 10:45-11:30 am Carlyn		FLOW 4:30-5:20 Carlyn		SMART FIT 12:00-1:00 pm Paula	
		SMART REFORMER 5:30-6:15 pm Carlyn	“THE GUYS” REFORMER 4:30-5:15 pm Carlyn		
SMART FIT 5:30-6:30 pm Sarah	MAT CLASS 5:00-5:50 pm Carlyn				
POWER PLATE 6:30pm-7:15pm Sarah	MULTI-LEVEL REFORMER 6:00-6:50 pm Carlyn				

Red- class for “ Anybody”- all fitness levels

Blue- intermediate class, assessment recommended

Green- advanced class, instructor permission required

PRICE AND CLASS DESCRIPTIONS

<p>GROUP TRAINING</p> <p>Single session \$35</p> <p>8 sessions \$206 \$25.75 per class</p>	<p>Pilates Reformer & Strength - A great class when you want to strengthen your core, back, butt, and deep postural muscles that support your body to improve your posture</p> <p>Beg. Mat - Core & More --the perfect class to start your Pilates journey. Learn the basics of our Trademarked Weiler Method to strengthen your core and correct your posture.</p> <p>Revomotion™ - (also known as equipment class) You will learn to move the way the body was meant to move – posture, strength, mobility, and flexibility are key in this slow moving, hands on approach to circuit training using state of the art equipment and our trademarked method.</p> <p>Smart Reformer– Align and strengthen the entire body using springs as resistance. A mind body workout focusing on core strength, spinal mobility, and flexibility without causing joint stress. A personal training is a required before attending this class.</p> <p>Flow — “Choose You” and allow your Mind, Body, and Soul to connect. Learn to breathe and move freely by tapping into blocked energy and releasing it!</p> <p>Multi-LevelReformer- the next step up from our Smart Reformer- Instructor approval is required to attend this class. Work on Core, Flow and transition of exercises to increase cardio and intensity. Challenge yourself!</p> <p>The Guys” Reformer – A specialized class for guys that works on shoulder and hip alignment, core strength, and flexibility. Great for golf, running, biking, and skiing, but also great posture!</p> <p>Pilates Reformer & Strength - A great class when you want to strengthen your core, back, butt, and deep postural muscles that support your body to improve your posture.</p> <p>Pilates Mat – Challenging but inspiring – a contemporary approach to Pilates using the Weiler Method. Designed for clients who have mastered the basic skills of Pilates and want a challenge</p> <p>Blast Reformer — An advanced Reformer class designed for those who have mastered the skills of the Reformer and want a strength and cardio challenge. Instructor permission required to attend this class.</p> <p>Academy Fit – A unique and heart-pumping intense circuit training that mixes all types of training from CrossFit to TRX – but the difference is with our signature trademarked hands on training method, you will reach your ultimate fitness goal safely and without pain. Work hard, sweat hard, Never Plateau!</p>
<p>SMART Fit Single session \$15 8 sessions \$80</p>	<p>SMART Fit — Our signature circuit class for Every-Body and Any-Body! It’s personal training in a small class environment with hands on correction from our certified instructors. SMART functional exercises to improve the way you move and your quality of life!</p>
<p>Senior Fit Single session \$15</p>	<p>Senior Fit- Laugh, have fun, but work hard on improving posture, flexibility, and mobility. Learn to move pain free, with our hands-on approach to correct movement in a safe, small class environment.</p>
<p>Power Plate Single Session \$27 8 sessions \$200</p>	<p>Power Plate – Posture – Strength – Flexibility – Speed – Let’s work to fight Technology Posture™ and prevent sport injuries! Work with our patented training method used by Olympic athletes and World Champions to strengthen muscles and to release joint pressure. Get strong – Get aligned – Get challenged!</p>
<p>Personal Training Sessions</p>	
<p>Weiler Method Pilates 30 minutes \$60 45 minutes \$110</p> <p>Fitness Personal Training 60 minutes \$80</p>	<p>1 on 1 hands-on training tailored to your specific needs to help you reach your ultimate performance level</p>

Cancellation Policy

All appointments must be canceled a minimum of 24 hours prior to scheduled appointment to avoid being charged for the session in full.

*When you purchase any package or personal training you are considered a member of our Weiler Academy family. We encourage all members to come in and use the cardio equipment outside of your normal class time. Only exception is during our Flow classes.