

# STRETCH. PILATES REFORMER



Sportsclub's Reformer program is offered at an additional fee in both one-on-one and group format. Each session is taught by one of our Certified Reformer Trainers.

The Reformer is a versatile piece of resistance exercise equipment designed by Joseph Pilates to promote length, strength, flexibility, and balance. It consists of a platform that moves back and forth along a carriage. Resistance is provided by the exerciser's body weight and by springs attached to the carriage and platform. In addition to providing finely-tuned exercise resistance, the Reformer also offers support and assistance. This fact is particularly helpful for beginners.

## HOW DO YOU SEE YOUR FUTURE SUCCESS?

- Improving Posture
- Increasing Core Stability
- Increasing Back Strength
- Getting Flatter Abdominals
- Trimming the Waist
- Decreasing Incidence of Back, Neck, and Joint Pain
- Improving Efficiency in Respiratory, Lymphatic, and Circulatory Systems
- Improving Muscle Strength and Tone
- Increasing Flexibility
- Building Coordination and Balance
- Relieving Stress
- Improving Psychological Well-Being



### GREENVILLE

864.288.7220

712 Congaree Road  
Greenville, SC 29607

### SIMPSONVILLE

864.228.8282

667 SE Main Street  
Simpsonville, SC 29681

### FIVE FORKS

864.675.5808

317 Scuffletown Road  
Simpsonville, SC 29681

*Please visit our website for more detailed information on our Pilates Reformer Program!*

[www.SportsclubSC.com/pilatesreformer](http://www.SportsclubSC.com/pilatesreformer)

# STRETCH. PILATES REFORMER



Sportsclub Pilates is dedicated and driven to provide you with the most challenging and personalized workout. We are focused on helping you achieve your fitness goals. Each session is crafted to deliver optimal results and fit your day-to-day activities so you can feel confident, capable, and excited to add movement to your life.

## REFORMER PACKAGES

### GROUP REFORMER *prices are per client*

	MEMBERS	NON-MEMBERS
12 hours	-	\$300
8 hours	\$160	\$230
4 hours	\$100	\$120

### PRIVATE REFORMER

Private sessions are recommended for beginners. They are helpful to familiarize you with the equipment and to assess your skill level. This information will help determine the best class options for you.

	MEMBERS	NON-MEMBERS
12 hours	\$600	\$750
8 hours	\$424	\$520
4 hours	\$220	\$280
1 hour	\$60	\$75

Pricing for groups of 2, 3, and 4 people is also available. Please check the website for more information.



**GREENVILLE**  
864.288.7220  
712 Congaree Road  
Greenville, SC 29607

**SIMPSONVILLE**  
864.228.8282  
667 SE Main Street  
Simpsonville, SC 29681

**FIVE FORKS**  
864.675.5808  
317 Scuffletown Road  
Simpsonville, SC 29681

*Please visit our website for more detailed information on our Pilates Reformer Program!*

[www.SportsclubSC.com/pilatesreformer](http://www.SportsclubSC.com/pilatesreformer)