



# WHAC Pilates Reformer

**DEC. 8–FEB. 14** (10 WEEKS)

Experience Pilates Reformer in a small group setting at West Hills. Our instructors have several years experience working with all ages and abilities. They have a variety of special certifications including Special Populations and Pink Ribbon. They work with post physical therapy patients, seniors, athletes, and everything in between. Each class is centered around the clients and their needs. Find out for yourself why West Hills' Reformer program has been called the best in the area!

## Class dates and times

TIME	MON.	TUES.	WED.	THURS.	FRI.
6:30 a.m.	PRIVATE		MULTI Francois		
7 a.m.				PRIVATE	
7:15 a.m.		MULTI Francois			
8 a.m.	MULTI Francois		MULTI Francois		PRIVATE
8:30 a.m.				PRIVATE	
9 a.m.	MULTI Francois		MULTI Francois	INTERM. Francois	MULTI Francois
10 a.m.	MULTI Francois	MULTI Francois	MULTI Francois	MULTI Francois	
11 a.m.	PRIVATE	MULTI Francois			
Noon	PRIVATE		MULTI Francois		
1 p.m.			PRIVATE		
4:30 p.m.	MULTI Francois				
5:30 p.m.			MULTI Chanda		

## Multi-level

A mixed group of levels and exercises. Good for most participants. Modifications will be provided to personalize the workout.

## Intermediate

Faster transitions, more advanced moves—must have reformer experience.

**10** week sessions

All classes are 50 minutes. Some classes may have been added or canceled. For up-to-date info call (269) 387-0413.

If you have three or more people you can start your own class. For details contact

**Francois Berranen**  
(248) 770-7158 or email  
[jean-francois.berranen@wmich.edu](mailto:jean-francois.berranen@wmich.edu)

## FREE consultation and demos

It is recommended you meet with a Pilates Reformer instructor prior to signing up. You will learn a few of the basic exercises and decide which class best suits your needs. Go to [westhillsathletic.com/pilates-reformer](http://westhillsathletic.com/pilates-reformer) and click on the free demo link. For questions contact Francois Berranen at (248) 770-7158 or email [jean-francois.berranen@wmich.edu](mailto:jean-francois.berranen@wmich.edu).

## Pricing

10 week sessions	Member	Guest
1 class per week	\$200	\$250
2 classes per week	\$400	\$500
3 classes per week	\$600	\$750
Drop-ins (call first)	\$25	\$30
Private Lessons	\$64	\$66
Duet Lessons*	\$38	\$43
(*Prices are per person)		

**CLASSES FILL UP QUICKLY, SIGN UP TODAY!**

Classes that fall on holidays are automatically pro-rated. Prices will be adjusted accordingly.



# WHAC Pilates Reformer

## Special benefits:

Pilates Reformer exercises can be done by anyone irrespective of age and sex.

If you have normal health, these exercises perk up your trunk, pelvis and shoulder girdle. It improves breathing patterns, corrects spinal and pelvic alignment. It streamlines the control over movements of the body.

It develops an athlete's core or deep abdominal muscles along with those muscles that are closest to the spine. It makes the athletes more agile and boosts their performance. It also helps prevent injury through proper mind-body coordination.

For those suffering from Diabetes type I or type II, regular exercise on Pilates Reformer can help to control their blood sugar level. For those suffering from bone problems or osteoporosis, appropriate exercises on Pilates Reformer can help to improve their balance and overall functioning of the body.

For those having heart problems, suitable Pilates Reformer exercises can be done under the guidance of experts. It can streamline the blood supply and improve the overall functioning of the body.

For pregnant women, suitable Pilates Reformer exercises can be done under the guidance of experts. It can improve blood circulation, muscular relaxation and boost energy level.

For those having back, hip or knee problem, Pilates Reformer with a special stand can be more useful.

Thus, the Pilates Reformer is a vital equipment to revitalize your body. It's a sure way to keep you shapely and healthy.

## It will help you to gain:

Slender and longer muscles

Strong shoulders

Strong chest

Better biceps and triceps

Leaner calves

Slimmer hips

Slimmer thighs

Tighter buttocks

Firm abdominals

Refined breathing patterns

Increased flexibility

Correct postures

Better mind-body coordination