Pilates Reformer Policies

Due to the high number of last minute cancellations and no shows in pilates reformer classes, the LSUHSC Wellness Center has implemented the following policies:

1. Sign up required via setmore. See link below.
2. ONLY 5 classes are allowed per month. You may sign up for as many alternate spots as you like.
3. 24 hour cancellation required.
4. Members that sign up and do not show for class and/or do not call to cancel will not be allowed to sign up for any pilates reformer classes for the following month.

Class Descriptions

Essential Pilates Reformer

Introduces and incorporates beginner level Mat Pilates exercises on spring resistant equipment. This class focuses on toning the arms, legs and core stability.

Pilates Reformer

Incorporates intermediate to advanced level Mat Pilates exercises on the reformer. This class requires mastery of all exercises from Essential Reformer.

Jump Board

Incorporates using the jump board as a mini trampoline to help increase heart rate as well as build long lean muscles. The only prerequisite for this class is the ability to jump without injury.

To sign up for a Pilates Reformer class please visit

www.lsuhscwellnesscenter.setmore.com