



WELLNESS CENTER

Pilates Reformer Policies

1. To sign up, please visit the link on our website – www.lsuhs.edu.
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.