

## EXPERIENCE PILATES

CORE Pilates introduces the IM=X style of Pilates to the Grand Rapids area. IM=X stands for Integrated Movement Exercise. It is an elite formula that combines the muscle toning & lengthening of Pilates with elements of strength and cardio training to increase flexibility, endurance and muscle tone, while strengthening the spine and core.

It adds resistance training and plyometric jumps for a more athletically based workout.

IM=X incorporates not only J.H. Pilates' methods, but adds The Alexander Technique into its' training programs as well.

We welcome people of all ages & fitness levels as we focus on improving our bodies and thus our lives.

On behalf of CORE Pilates and it's staff, we look forward to training with you.

*Kim McDonough*

Owner, IM=X Advanced Certified Pilates Trainer & Pink Ribbon Program Certified

*Coleen Bronkema*

IM=X Super Advanced Certified Pilates Trainer

*Terri Torres*

IM=X Certified Pilates Trainer

Special Events:  
Yoga/Pilates Fusion Class Jan 1 @ 4pm  
"Yoga at Home" Workshop: Saturday, Jan 23, 2010  
9:30-11:15am



This program will help stretch and strengthen the shoulder, chest, back & abdominal muscles, allowing women to regain full range of motion to those areas affected by breast cancer surgery. We are dedicated to promoting a healthy lifestyle and positive body image to all breast cancer survivors. The Pink Ribbon Program is suitable whether your surgery was recent or several years ago. We accommodate all fitness levels. Please inquire at desk.

### Low Back Recovery:

55 minutes of instruction on both the IM=X Xerciser (reformer) & the mat with a group of 4 or less. Instruction by one of our certified IM=X trainers. This class is designed for those who are a minimum of 7 days post acute low back pain (LBP). You will be guided through a series of exercises which strengthen & stretch your back, hamstrings & shoulders; the areas that are directly related to LBP. Please inquire at desk.

4981 Plainfield Ave. NE  
suite D  
Grand Rapids, MI 49525



- *Private /Semi-Private Reformer Training*
- *Small Group Reformer Classes*
- *EXO Chair Training*
- *Pilates Mat Classes (w/props)*
- *Yoga Classes*
- *Manual Traction*

## PILATES SCHEDULE

4981 Plainfield Ave. NE suite D  
Grand Rapids, MI 49525  
616-361-2555

visit us at

[www.corepilatesgr.com](http://www.corepilatesgr.com)



*“A few well-designed movements, properly performed in a balanced sequence, are worth hours of doing sloppy calisthenics or forced contortion.”*

Joseph Pilates,  
Creator, Pilates Method

## WINTER CLASS SCHEDULE (JAN 4-FEB 28, 2010)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am Sm Grp *new* 7:30 am PRIVATE 8:30 am Sm Grp 9:30 am MIXED MAT  4:30 pm MAT I 5:45 pm Sm Grp 7:00 pm MAT II	7:30 am Sm Grp 8:30 am ADV MAT 9:30 am Sm Grp  5:45 pm Low Back Recovery 7:00 pm Mat I 8:00 pm ADV Sm Grp	7:30 am PRIVATE 8:30 am Sm Grp 9:30 am MAT I 9:30 am Sm Grp 10:30am PinkRibbonProg. 5:45 pm Sm Grp 7:00 pm ADV MAT 8:00 pm PRIVATE	6:00 am Sm Grp * new* 7:30 am Sm Grp 8:30 am Sm Grp 9:30 am Sm Grp  4:45 pm Sm Grp 5:45 pm MAT II 7:00 pm Men's Sm Grp	8:30 am Sm Grp 9:30 am Sm. Grp 10:30 am Sm Grp	8:00 am MIXED MAT 9:00 am Sm. Grp 10:00 am Sm. Grp
				<p><i>NOTE: SMALL GROUP CLASSES FILL FAST &amp; OFTEN W/ A WAIT LIST...PLEASE CANCEL IF UNABLE TO ATTEND YOUR SESSION-SEE POLICIES BELOW</i></p> <p><i>CLASSES SUBJECT TO CHANGE BASED ON ATTENDANCE</i></p>	

## TRAINING /CLASS DESCRIPTIONS

### Private Reformer Session

55 minutes of personal instruction on an IM=X Xerciser (reformer) or the EXO Chair with one of our certified IM=X trainers.

single: \$60

10 pkg: \$550 (\$55 ea)  
20 pkg: \$1000 (\$50 ea)

### Semi-Private Reformer Session

55 minutes of personal instruction on an IM=X Xerciser (reformer) shared with a partner. Instruction by one of our certified IM=X trainers

single: \$38

10 pkg: \$340 (\$34 ea)  
20 pkg: \$600 (\$30 ea)

### Small Group Training Class

55 minutes of instruction on an IM=X Xerciser (reformer) with a group of 4 or less. Instruction by one of our certified IM=X trainers.

single: \$25

10 pkg \$210 (\$21 ea)  
20 pkg \$370 (18.50ea)

\*\*\*ALL reformer pkgs have 3 or 6 mo. expirations\*\*\*

### Manual Traction/Muscle Release

55 minutes of hands-on stretching. Let us help you release tension in the legs, shoulders and back. (\$35/30 minutes)

single: \$60

10 pkg \$550 (\$55 ea)  
20 pkg: \$1000 (\$50 ea)

### Mat Class-Level I

(limited to 10/class)

55 minutes of hands-on-training while following continuously flowing movements designed to lengthen and tone. Instruction by one of our certified IM=X trainers.

### Mat Class-Level II

(limited to 10/class)

This class is based on the principles covered in Level I. This 55 minute class flows through the basic sequences as well as additional exercises to continually strengthen, lengthen & challenge. Proficiency in Level I required prior to taking this class.

### Adv Mat

(limited to 10/class)

This 55 min. class builds from Mat II and will challenge even the most proficient student. Instructor approval required.

### Fees for All Mat Classes

Drop-in = \$14 ea  
1 X week = \$96 (\$12 ea)  
2 X week = \$144 (\$9 ea)  
UNLIMITED = \$192

Session runs:

**Jan. 4-Feb. 28, 2010**

\*\*all mat classes must be used during current 8 week session\*\*

**NEXT SESSION STARTS  
Monday, Mar. 2, 2010**

### **INTRODUCTORY PACKAGE**

**2 Private Reformer Sessions + 2 MAT Classes \$100**

**SPECIALS:** Ask for special reformer package pricing if you belong to another club or exercise facility.

**\*\* NOTE\*\*** CORE does require a minimum of 2 Private Reformer Sessions and instructor approval PRIOR to taking a Small Group Training Class. This is to ensure all participants have basic knowledge of pilates fundamentals and Xerciser/reformer equipment. Placement into a Small Group class is by instructor discretion.

### STUDIO POLICIES

1. Please cancel all appts. 24 hrs. prior-This allows another to fill your space- a min. of 8 hrs. is required to avoid losing session.
2. All reformer pkgs have 3 or 6 mo. expiration-all MAT classes must be used in the current session.
3. Mat classes require a minimum of 4 registered participants.
4. Classes & Times subject to change w/o notice
5. Please refrain from eating and smoking **at least** 2 hrs. prior to class.