

More Information

For more information contact:

Matt Kimmel
Personal Training Manager
971- 371-7600
Matt@bethanyathleticclub.com

HOURS OF OPERATION

Monday: 5:00a – 10:00p
Tuesday: 5:00a – 10:00p
Wednesday: 5:00a – 10:00p
Thursday: 5:00a – 10:00p
Friday: 5:00a – 10:00p
Saturday: 7:00a – 8:00p
Sunday: 7:00a – 8:00p



BETHANY ATHLETIC CLUB



BETHANY
ATHLETIC CLUB

PILATES Group Reformer Classes

*15670 NW Central Drive
Portland, OR 97229
971-371-7600*

www.bethanyathleticclub.com



What is Reformer Pilates?

The reformer is a piece of resistance exercise equipment.

It consists of a platform that moves back and forth along a carriage.

Resistance is provided by a combination of body weight and springs attached to the carriage and platform.

Benefits

- Increased core strength
- Improves posture
- Improves flexibility
- Easy on joints
- Improves coordination and balance
- Improves overall fitness level
- Open to all fitness levels

PILATES INSTRUCTORS



Certified in Stott
Method Pilates*
& Personal Training

*Mat/Reformer/Cadillac/Chair/
Barrels essential/ Intermediate
levels

Diane Hodson

SPECIALTIES

- Postural Analysis
- Knee, hip and spinal pre/post surgery training
- Small group workouts
- Group Reformer Classes
- Private Pilates and Yoga sessions

Rachael Korbel

Balanced Body Certified Pilates Instructor

Mat, Reformer, Chair, barrels

SPECIALTIES

- Postural Correction
- Core Strength
- Post Injury Rehabilitation Training
- Group Reformer Classes

CLASS TIMES (55 min)

| | |
|------------|-------------------------------------|
| Monday: | 9:30am (Rachael) |
| Tuesday: | 7:30 am (Diane) 6:00 pm (Diane) |
| Wednesday: | 10:00 (Diane) |
| Thursday: | 9:30am (Rachael) 5:30 pm (Diane) |
| Friday: | 10:30 am (Diane) |
| Saturday: | 9:30am (Rachael) |

PRICES

6 Week Pilates Reformer Class - Rachael

1 class per week = \$110

2 classes per week = \$200

3 classes per week = \$360

6 week Reformer Master Class—Diane

1 class per week = \$220

2 classes per week= \$265

3 classes per week= \$360

12 Pack Group Reformer Classes = \$300

These can be used at any time and any level.

Completion of Pilates technique sessions required prior to joining group reformer classes. (Based on previous experience)