

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



PILATES INSTRUCTORS



Certified in Stott
Method Pilates*
& Personal Training

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

Diane Hodson— Master Pilates Instructor

SPECIALTIES

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

Daprice McGuinness — Pilates Instructor

SPECIALTIES

- Posture improvement
- Total Body strength and conditioning
- Core Strength and Stability
- Group Reformer Classes
- Private Pilates Reformer Training

Level 1 classes - For those who are newer to Pilates. This level will teach technique and be a class focused on core strength and flexibility.
Level 2 classes— These classes will focus on total body strength and control, and will be much more difficult than level 1

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

CLASS TIMES (55 min)

Monday:	11:00am (Diane)
	5:00pm (Level 1) (Daprice)
	6:00pm (Level 2)(Daprice)
Tuesday:	7:30 am (Diane)
	6:00 pm (Diane)
Wednesday:	10:00 (Diane)
	5:30pm (Level 2)(Daprice)
	6:30pm (Level 1) (Daprice)
Thursday	5:30 pm (Diane)
Friday:	10:30 am (Diane)
Saturday:	10am (All Levels) (Daprice)

PRICING OPTIONS

Daprice's Classes

1. Unlimited Classes — \$100 per month
2. 12 Pack of Group Sessions — \$300

Diane's Classes

1. 12 Pack of Group Sessions — \$300