

## PILATES PERSONAL TRAINING

Pilates sessions are taught in our private studio on Balanced Body Allegro Reformers. We offer private, semi private, or group sessions taught by certified Pilates instructors. Personalized attention allows instructors to tailor workouts specifically to each individual's needs. The reformer aids in strengthening the core and improving posture, balance, and flexibility.

## ONE ON ONE TRAINING RATES

60 minute workouts • Starting at \$65 per session  
30 minute session • \$35 per session

Purchase 12 sessions and the 13th session is free!

## GROUP REFORMER SESSIONS

Group reformer training is also available. Please see our trainers for fees and schedules.

2 Clients working with one trainer for 1 hour  
\$35 per person

3 Clients working with one trainer for 1 hour  
\$25 per person

## PILATES MAT CLASSES

Mat classes are taught in our group exercise rooms and are designed to develop core stability and learn the basic principles of Pilates. The classes will help develop better posture, core strength, and lean, flexible muscles. Class participants will use mini balls, resistance rings, dowels, and other props to serve as a primer for reformer based sessions.

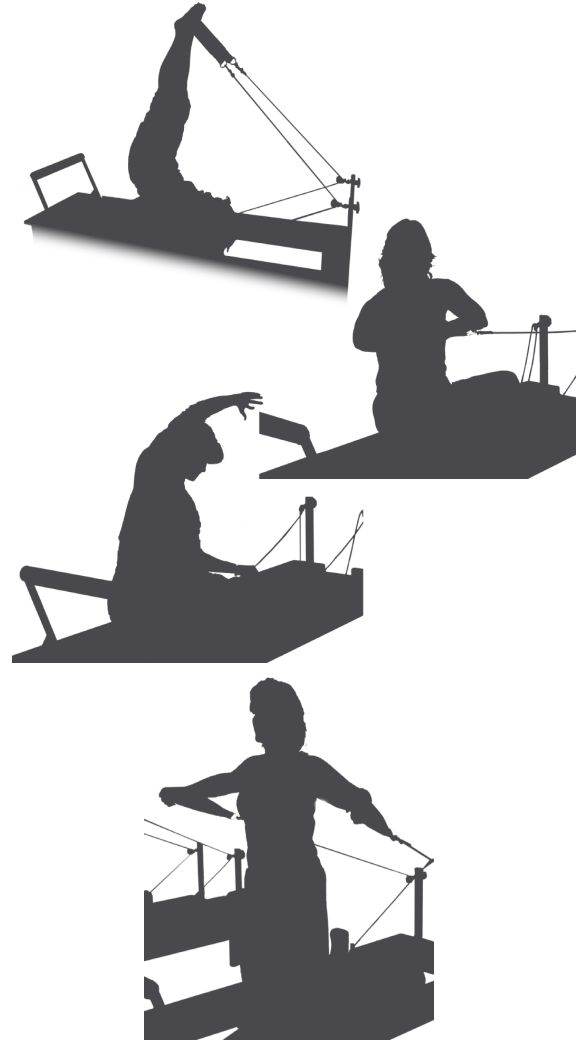
Please check current Group Exercise schedule for class times and descriptions.



Fitness • Swimming • Tennis

3040 Becerra Way  
Sacramento, CA 95821  
916.483.5111  
delnortecub.com

# Del Norte



# PILATES

## WHAT IS PILATES?

Pilates is an integrated mind/body conditioning and fitness program that is great for all ages regardless of physical abilities or limitations. Everyone from elite athletes to couch potatoes can benefit from this exercise method. Pilates inspired training is the ultimate mind/body exercise for everyone who wants to tone, streamline and re-align the body. Pilates inspired exercise focuses on the “powerhouse” or core, the abdominal muscles, the lower back, the shoulder girdle and the buttocks.

Pilates is recognized as one of the safest and most effective total body workout programs. The motions are smooth and non-jarring and the emphasis on proper breathing leaves participants feeling refreshed rather than exhausted. Pilates workouts focus on controlled resistance exercises designed to stretch, strengthen and tone the muscles as well as release tension in the joints.



## WHAT ARE THE BENEFITS OF PILATES TRAINING?

- Totally supported, non-impact conditioning
- Improves balance, agility & coordination
- Increases flexibility
- Strengthens the lower back
- Alleviates muscular imbalance
- Improves posture
- Develops strong, non-bulky, toned muscles
- Enhances vitality & energy
- Improves ease of movement and gracefulness
- Integrates the mind & body
- Improves sports performance
- Improves bone strength
- Develops toned, flat & strong abdominal muscles

Call now for more information or to  
make an appointment at  
916.483.5111



Doreen Wathor has been a fitness professional for over 21 years. She has completed Pilates Coach reformer training. Doreen is AEA (Aquatic Exercise Association) certified and also holds certificates for stability ball training, Pilates mat and ball, Senior Specialty, and arthritis. Doreen has been an instructor at Del Norte for 16 years.



Judy Harrison has been a fitness professional for over 18 years. She has completed personal training certification with AFFAA, Pilates reformer and mat training with Stamina and Pilates Coach. Judy is AEA (Aquatics Exercise Associate) certified. She also holds exercise certificates in yoga, stability ball training, arthritis, Body Pump and Body Vive, and senior training with NSFA (National Senior Fitness Associate). Judy is the group fitness director at Del Norte.