

PILATES IS A CUTTING-EDGE PROGRAM THAT ENHANCES THE MUSCULAR SKELETAL SYSTEMS OF MEN, WOMEN, CHILDREN, ATHLETES AND NON-ATHLETES ALIKE. DUE TO THE NON-IMPACT NATURE, THE WORK IS VERY EFFECTIVE FOR INJURY PREVENTION, REHABILITATION AND INCREASED ATHLETIC PERFORMANCE.

With Pilates you can expect an increase in flexibility, mobility, balance and body awareness, as well as a decrease in back pain or other general aches and pains.



CANCELLATION POLICIES

PRIVATE SESSIONS

If a private Pilates session is cancelled less than 24 hours before the appointment or if the client does not show, full charges will be applied to his or her member account.

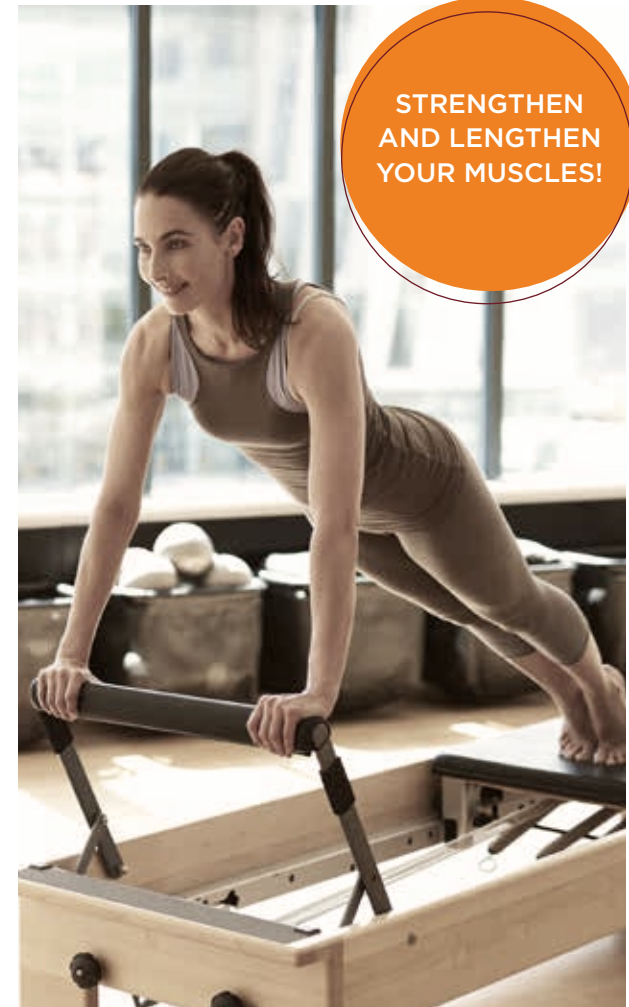
SEMI-PRIVATE AND DUET SESSION

If one client cancels prior to the 24-hour notice, the other client has the option of cancelling or paying a private Pilates session rate. If one client cancels with less than 24 hours of the session, the other client will only be responsible for the semi-private Pilates rate.

BELLEVUE CLUB

425.688.3172
fitness@bellevueclub.com

STRENGTHEN
AND LENGTHEN
YOUR MUSCLES!



PILATES™

at the BELLEVUE CLUB

Designed to improve posture, balance, flexibility and coordination, Pilates focuses on strengthening the core.



Using specially designed equipment, the Pilates Method™ shapes bodies and slims muscles, developing sleekness rather than bulk.

INSTRUCTORS ↓



NANCY BLACK has been involved in the fitness industry for over 30 years. She has a BA in kinesiology, is a certified Romana's Pilates Instructor and a Master Trainer for Pilates Sports Center. She feels Pilates brings considerable fitness benefits without the extra impact or stress on the joints.



JENNIFER SALTZMAN is trained and certified by Master Teacher Romana Kryzanowska and has been teaching Pilates since 1995. She assists clients in reaching their full potential in this dynamic method of body conditioning by bringing intuition and creativity to her classes.



ELIZABETH HARTPENCE became involved in Pilates after struggling with chronic knee and ankle injuries. After receiving her Pilates teacher certification in 2003, she has helped hundreds of people improve their core strength, overall flexibility and isometric muscle control.



KAREN SWIFT discovered Pilates while recovering from a back injury in 2003. She found that Pilates not only relieved the back pain, but it also improved her posture and overall strength. Taking her interest further, Karen became a qualified instructor in 2005 with the Body Control Pilates Association (BCPA).



MELANIE BAKER has more than 10 years experience in the fitness industry. She finds the Pilates Method to be extremely beneficial for running as well as joint stability and mobility, lengthening and strengthening of the muscles, postural support and awareness, stress relief, core stability and so much more.

WHY PILATES?

PILATES BENEFITS

- Increased range of motion and flexibility
- Strengthened back, decreased muscular tension
- Enhanced athletic performance
- Improved body alignment and better posture
- Alleviated chronic pain
- Quickened surgery or injury recovery

WHO DOES PILATES

Celebrities: Cameron Diaz, Reese Witherspoon, Kate Winslet, Sandra Bullock, Uma Thurman, Kate Hudson, Sting, Oprah Winfrey

Athletes: Professional basketball player: Jason Kidd, Winner of the 2002 PGA Championship: Rich Beem, Professional baseball player: Curt Shilling, Olympic swimmer: Ariana Kukors

PRIVATE PILATES STUDIO SESSIONS

- Private 55-minute Session \$74
- Duet Session (two people) \$49.50
- Trio Session (three people) \$36.50
- Quad Session (four people) \$34.50

PILATES MAT

Pilates Mat work is a series of more than 30 floor exercises designed to strengthen various muscles through flexing, extending and twisting motions of the spine. \$13.25 drop-in or part of GPX.

PILATES PACKAGES

- Introductory Package \$378
Six private sessions. Expires after 90 days. No refunds, no exceptions. Limit one per person.
- 12-Session Package (\$69 per session) \$828

*Cost per person. Prices do not include tax.

