

Instructors

Patty Connors

STOTT PILATES® Certified Instructor
Teaches mat classes
copat@umich.edu or (734) 763-5092

Nancy Deeb

STOTT® Pilates Certified Instructor
McEntire® Pilates Certified Instructor
Teaches privates and subs for classes.
nddeeb@hotmail.com or (734) 646-1429

Chris Mackowiak

STOTT® Pilates Certified Instructor
Teaches mat classes and privates
mcmoops@umich.edu

Lynnette Rasmussen

CoreBarre Certified Instructor
STOTT® Pilates Certified Instructor
McEntire® Pilates Certified Instructor
RedCord & BioCored CorrectiveXTM Certified Instructor
Teaches privates in all above areas & CoreBarre class
lraz@umich.edu or (734) 615-1744

Linn Sandberg

McEntire® Pilates Certified Instructor
Pilates Method Alliance® Certified Teacher
BioCored CorrectiveXTM Certified Trainer
Teaches classes & privates in all above areas
linnsandberga2@gmail.com or (734)395-5035

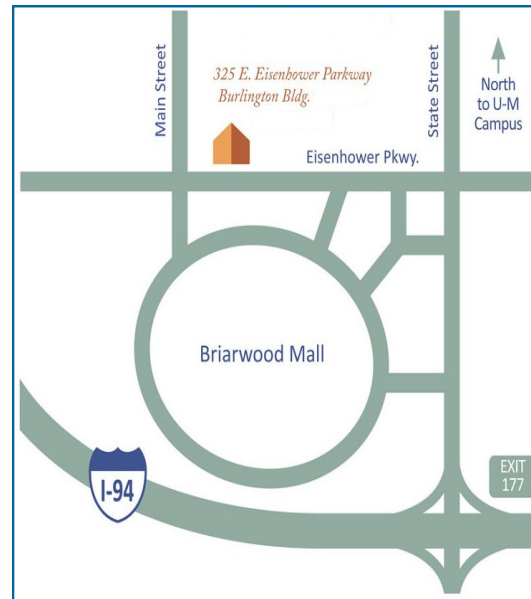
Amanda Wolf

STOTT® & PH Pilates Certified Instructor
Teaches reformer, mat classes and privates
amawolf@umich.edu or (734) 883-1789

Policies:

1. Individuals can pay by check or credit card. Participants must register prior to attending class.
2. Full and/or partial refunds are provided for the following reasons:
 - a. Injury or illness. A doctor's note must accompany a written request for refund.
 - B. Fitness level required by the class proves inappropriate for the participant. The participant must make this decision within the first week of the class.
3. Missed class: you can attend another class within the same session (time period) to make up a missed class. However, it is up to the discretion of the instructor(s) and whether there is enough room in the class. If the class cannot be held due to instructor absence we will provide a class credit for the next session. No refunds will be applied.
4. If a class is canceled, we will make every effort to contact participants via e-mail or voicemail.

Map



UMHS

Department of Physical Medicine & Rehabilitation
Physical Therapy/Occupational Therapy
325 East Eisenhower Parkway
2nd floor
Ann Arbor, MI 48108
734-763-4990 or brittm@umich.edu

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Mat Pilates



University of Michigan
Health System

Department of Physical
Medicine and Rehabilitation

Intelligent Exercise.

Profound Results.

What is PILATES?

PILATES is a highly effective way to shape up, slim down and feel great. It's a contemporary approach to the mind-body exercise German athlete Joseph Pilates developed in the 1920's. An emphasis on movement quality, posture and breathing makes Pilates a safe, challenging and revitalizing workout.

Our highly qualified instructors make an effort to accommodate those with physical limitations through modifications of the movements while maintaining an effective and safe workout.

Benefits Of PILATES:

- Greater mind-body (kinesthetic) awareness
- Increased abdominal and back (core) strength
- Improved flexibility, mobility and decreased stiffness
- Improved posture and alignment
- Improved muscular balance

Whether you're finishing physical therapy or in great shape, Pilates is an excellent way to achieve and maintain optimal fitness and well-being!

How do I get started?

In an effort to introduce you to a mat class safely and effectively, we require you to take at least one private lesson before entering a class.

Class descriptions

Beginner: A class focusing on the foundational principles and exercises of Pilates. Ideal for the person who has little to no Pilates experience, has recently been discharged from physical therapy or is getting back into an exercise program.

Advanced Beginner: Ideal for the participant who has taken Pilates for several months, has a basic understanding of the foundational principles and knows how to modify most exercises to fit their body. The exercises not only challenge stability but now incorporate balance and coordination elements.

Intermediate: A class designed for the student who has been practicing Pilates consistently for a year or more. Thoroughly understands the foundational principles and his or her physical limitations and challenges and knows how to modify exercises for his or her own body. Exercises incorporate more challenge to the arms and legs as well as endurance as it is conducted at a faster pace.

Core Barre: A high-energy, low impact, fat burning workout. Its focus on intensive movements that sculpt the thighs, tone & firm the glues, flatten the abdominals and define the arms. Incorporates principles from Pilates, ballet and general fitness concepts.

For more information:

www.med.umich.edu/pmr/patient/classes.htm
(734) 763-4990 or e-mail brittm@umich.edu

**Classes are limited to 12 students.
All classes are 55 minutes in duration.**

2012 Spring Session

April 23 - June 15, 2012

(All classes meet 1 time per week for 8 weeks)

Monday Classes (starts April 23, 2012)

9:00am - Beginner - Linn

5:30pm - Intermediate - Patty

6:30pm - Beginner - Patty

Tuesday Class (starts April 24, 2012)

5:30pm - Beginner - Linn

Wednesday Classes (starts April 25, 2012)

8:30am - Intermediate - Amanda

9:45am - Advanced Beginner - Amanda

4:00pm - Core Barre - Lynnette

Thursday Classes (starts April 26, 2012)

7:00am - Advanced Beginner - Patty

8:00am - Beginner - Patty

5:30pm - Advanced Beginner - Chris

6:30pm - Beginner - Chris

Friday Class (starts April 27, 2012)

8:30am - Intermediate - Amanda

*See back for information on instructors

Class Fees:

Non-UM Participants: \$120

UM* Participants: \$110

\$15 Drop-in fee available if space allows

Receive **5% OFF** your total price when you register for 2 or more mat and/or reformer classes.

"UM participants"* include UM staff, students & retirees.

Visa, MC, Discover and checks accepted at first class.

Prices are subject to change without notice. First come first serve on all classes.