

Policies

Scheduling Policy:

Thank you for your interest in our Pilates Program. Please note that services are limited by the number of clients enrolled at any one time and will be offered on a first come, first serve basis.

Cancellation Policy:

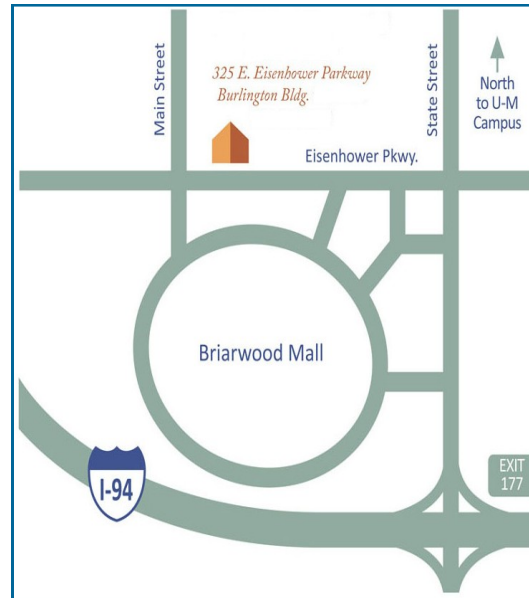
Our priority is to assist you in achieving your health & fitness goals. In an effort to accomplish this, we ask that you keep your scheduled appointments. If you need to cancel, the customary 24 hour notice is required. Same-day cancellations will result in the entire fee being retained. Should you arrive more than 20 minutes late for an appointment, the remainder of your time will be forfeited and the entire fee will be retained.

Refunds & Credit Policy:

In the case of severe injury or emergency, full or partial refunds may be issued. A doctor's note must accompany a written request for refund. Credit may be given for all participants who wish to return to pilates at a later date due these circumstances.

Prices are subject to change without notice.

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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Private 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
- Longer and leaner muscles
- Improved circulation

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

Our Instructors:

Each instructor possesses a certification from a nationally accredited Pilates program and in many cases additional specialized training. You can contact any instructor below to set up your first appointment.

Lynnette Rasmussen

STOTT® Pilate Certified Instructor
McEntire® Pilates Certified Instructor
RedCord & BioCored CorrectiveXTM Certified Instructor
Core Barre Certified Instructor
(734)615-1744 or lraz@umich.edu
Lynnette's passion is integrating her 35 years of occupational therapy expertise in assisting clients in achieving their exercise goals.

Amanda Wolf

STOTT® Pilates Certified Instructor
PH Pilates Certified Instructor
(734)883-1789 or amawolf@umich.edu
Amanda has taught Pilates for over 10 years. Her clients include individuals with chronic health conditions as well as the very active athlete.

Linn Sandberg

McEntire® Pilates Certified Instructor
Pilates Method Alliance® Certified Teacher
BioCored CorrectiveXTM Certified Instructor
(734)395-5035 or linnSandberga2@gmail.com
Linn is trained in post-rehabilitation Pilates and suspension exercise. Her goal is to teach and help clients with short and long term medical limitations.

Nancy Deeb

STOTT® Pilates & McEntire® Pilates Certified Instructor
(734)646-1429 or nddeeb@hotmail.com
Nancy has taught Pilates for over 10 years. Her passion is teaching others effective methods of strengthening, stretching and movement with the Pilates method.

Chris Mackowiak

STOTT® Pilates Certified Instructor.
email: cmoops@umich.edu
Chris has been instructing classes for over 8 years.

Fees:

Introductory Rate: \$45 for first 1 hour lesson

All subsequent appointments are subject to the following charges:

Private Lessons

1 Hour	\$65
2 Hour Package	\$125 (4% savings)
4 Hour Package	\$234 (10% savings)
6 Hour Package	\$343 (12% savings)
8 Hour Package	\$448 (14% savings)
12 Hour Package	\$655 (16% savings)
18 Hour Package	\$960 (18% savings)
24 Hour Package	\$1248 (20% savings)

Semi-Private (2 people)

1 Hour	\$40/person
2 Hour Package	\$68/person
4 Hour Package	\$135/person
6 Hour Package	\$200/person
8 Hour Package	\$302/person
12 Hour Package	\$444/person
18 Hour Package	\$650/person
24 Hour Package	\$922/person



For more information:

www.med.umich.edu/pmr/patient/classes.htm

(734) 763-4990 or e-mail brittm@umich.edu