

**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**  
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**Lynnette Rasmussen**

STOTT® Pilates Certified Instructor  
 McEntire® Pilates Certified Instructor  
 RedCord & BioCored CorrectiveXTM Certified Trainer  
 Core Barre Certified Instructor  
**Teaches reformer and mat privates & Core Barre**  
 lraz@umich.edu or (734) 615-1744

**Linn Sandberg**

McEntire® Pilates Certified Instructor  
 Pilates Method Alliance® Certified Teacher  
 BioCored CorrectiveXTM Certified Trainer  
**Teaches reformer, mat classes and privates**  
 linnsandberga2@gmail.com or (734)395-5035

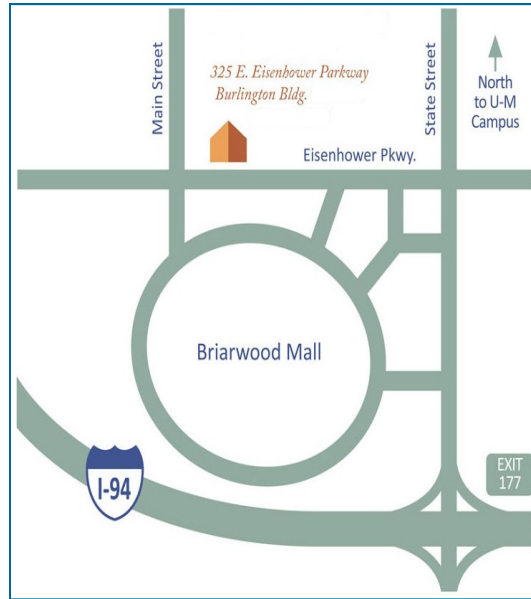
**Amanda Wolf**

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

**Policies:**

1. Individuals wanting to participate in classes can pay by check or credit card. Participants must register prior to attending class.
2. Full and/or 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

Pilates and Movement Studio

325 East Eisenhower Parkway

Garden Level, Suite 11

Ann Arbor, MI 48108

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# Reformer 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.

Once the secret of dancers and athletes, now recommended by physicians, PT's and Personal Trainers!

### 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 & leaner muscles
- Improved circulation

### Who Can Do PILATES?

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 reformer class safely and effectively, we require you to take at least one series of mat classes and/or private lessons before entering a reformer class.

## Benefits of using a Reformer

- You work against spring resistance on the reformer, which adds a whole new level of strength training to Pilates.
- The springs also provide support for difficult exercises, thereby creating easier variations of mat exercises. This support means you can work muscle groups more deeply and specifically.
- The reformer is a very versatile machine, and the variations are endless, so you never get bored.
- There are many exercises that incorporate standing on the reformer and these exercise transfer more directly to your daily activities.

For more information:

[www.med.umich.edu/pmr/patient/classes.htm](http://www.med.umich.edu/pmr/patient/classes.htm)

(734) 763-4990 or e-mail [brittm@umich.edu](mailto:brittm@umich.edu)

**Classes are limited to 6 students at a time, however we must have at least 3 students for a class to be held. The level of the class varies with each instructor. All classes are 55 minutes in duration.**

**See back of brochure for policies.**

## 2012 Spring Session

### April 23 - June 15, 2012

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

#### Monday Classes (starts April 23, 2012)

7:30am - Amanda

8:30am - Amanda

9:30am - Amanda

5:30pm - Linn

#### Tuesday Classes (starts April 24, 2012)

6:45pm - Linn

#### Wednesday Classes (starts April 25, 2012)

7:15am - Amanda

8:30am - Linn

#### Friday Class (starts April 27, 2012)

9:45am - Amanda

## Class Fees:

Non-UM Participants:     **\$176**

UM\* Participants:       **\$160**

**\$25 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.