



**KEY**

- Special Classes
  - Mind/Body
  - Reformer Classes
  - ★ New Class!
  - ★ Class Change
- (N\$) No Cost for Members  
 (\$) Cost for Class

See Back for Class Descriptions

317.274.3432 ext. 216  
 www.nifs.org

**February**

MORNING and NOON CLASSES (6 AM – 2 PM)					
MON	TUE	WED	THU	FRI	SAT
		Mat Pilates — Lesli (N\$) 6 - 6:50a			
	Mat Pilates — Amanda (N\$) Noon – 12:50p		Mat Pilates — Laverne (N\$) Noon – 12:50p		
AFTERNOON and EVENING CLASSES (2 PM – 8 PM)					
Mat Pilates — Andrea (N\$) 4:45 – 5:35p		Mat Pilates — Kate (N\$) 4:45 – 5:35p			SUN
Pilates Group Reformer — Lynn (\$) 5:45 – 6:45p		Pilates Group Reformer — Lynn (\$) 5:45 – 6:45p			Mat Pilates — Kate/Rachel (N\$) 12:30 - 1:20p

**Pilates Options:**

**Mat Pilates**

Move through a series of floor exercises which emphasize proper control and quality of movement rather than repetition. You will improve flexibility and postural alignment by developing and maintaining strong core muscles using the resistance of your own body. Meet in Group Fitness Studio. (50 min)

**Reformer Training**

Taught on the Reformer, equipment originally designed by Joseph Pilates, this low-impact exercise will increase your strength, improve alignment and posture, increase flexibility and synchronize the mind and body no matter what your fitness level.

**Private and Duet Sessions**

If personal attention is your thing, try our one-on-one sessions or bring a friend and make it a duet. Both taught on the reformer with our specialized instructors that design a personalized workout to fit your goals.

For more information or to register call the Service Desk at 274.3432, ext. 216 or email Diane Miller, Group Fitness Coordinator, at dmiller@nifs.org. Non-members may purchase punch passes (\$50/5 days or \$100/10 days) or day passes for \$15 which include group fitness classes.

Sessions	1	5 pack	10 pack
<b>Private</b>	\$55M/\$65NM		\$500M/\$600NM
<b>Duet</b>	\$35M/\$45NM		\$300M/\$400NM
<b>Group</b>	\$25M/\$35NM	\$115M/\$160NM	

