

PILATES

The effectiveness of Pilates is in the design – of the perfectly crafted movements, the unique resistance equipment and the disciplined method of instruction.

Pilates Allegro

Learn Pilates principles of core control—how to contact the deep abdominal, spine and pelvic muscles to support your back for safe graceful movement. With the support of the Reformer, one can maintain proper alignment while building strength, stability, flexibility & stamina.

(Class size is limited to 9.)

Private Pilates Training

We invite you to learn more about our private Pilates suite in our Rejuvenation Zone and the benefits of a 1:1 Pilates session.

Private Pilates Training Prices

1-hour session – \$70 Members / \$80 Public
5-pack – \$325 Members / \$375 Public

Please note: Allegro classes are ideal for healthy individuals with no acute injuries. If you are interested in working on rehabilitation for specific injuries we recommend that you schedule private training sessions. To schedule an appointment for Private Pilates training please call 444.8029.

MEET THE PILATES INSTRUCTOR TEAM!

Dawn Abels

Dawn Abels, has been teaching dance and exercise in various forms for more than 35 years. She began her Pilates training while she was a professional dancer in New York City. Dawn embraces the original core-based Pilates philosophy offering flow and grace in movement.

Dacia Jones

Dacia Indig Jones, began classical ballet training at age 5, continuing her studies at Julliard and The Joffrey Ballet School. She later discovered Pilates as a worthy complement to her extensive dance background, and enjoys teaching Pilates to a wide range of students from seniors to professional dancers.

Kim Becker

Blending an uplifting yoga philosophy, entertaining sense of humor and over a decade of experience, Kim's teaching style guides each student to challenge themselves with light heartedness. She is renowned as an innovative, charismatic Dahn Yoga and Certified Pilates instructor with an MA in Sports and Fitness.

Janie Miklaunus

Janie comes to us from the British Isles where she attended the University of London, Laban Centre for Movement and Dance, receiving her BA in Dance and Drama. Janie continues to explore her love of dance, emphasizing the mind/body continuum through posture, biomechanical function, and imagery by attending workshops in the Bay Area. Janie is a Pilates Instructor serving a diverse clientele base.

Christina Gere

Christina Gere began using Pilates in 1995 as an athletic performance enhancement while training for a marathon. After years of studying Eastern healing traditions Christina cultivated her personal philosophy on health: Pilates and Yoga is a high-energy partnership of physical and spiritual exercise techniques to revitalize the mind and body.



PILATES ALLEGRO CLASSES

Space is limited!
 Register early to ensure your place
 in the class by calling 444.8000
 unless otherwise noted.

If you are new to Pilates Allegro...

Before signing up for a mixed level class, **you must attend an introductory Pilates Allegro class** (see dates below)
AND sign up for a minimum of two Private Pilates sessions. You will learn the benefits of Pilates and become familiar
 with the equipment with the guidance of an instructor.

Call 444.8000 to reserve your space, or 444.8029 to speak with the Group Fitness Supervisor & book your two Private Pilates sessions.

These classes have a minimum number of participants required.

Intro to Pilates Allegro	SATURDAYS: Mar 27, Apr 24, May 29, June 26 or July 31		12:30 – 1:30pm OR 1:30 – 2:30pm	1-class – prerequisite	FREE members / \$20 public
	48-hour notification is required to cancel your appointment.				
	SESSION	LEVEL	TIME	# CLASSES	PRICE
Monday	March 1-22	mixed	2 – 3pm	4 classes	\$100 members/\$120 public
	March 1-22	mixed	3 – 4pm	4 classes	\$100 members/\$120 public
	March 1-22	mixed	7:15 – 8:15pm	4 classes	\$100 members/\$120 public
	April 12-26	mixed	2 – 3pm	3 classes	\$75 members/\$90 public
	April 12-26	mixed	3 – 4pm	3 classes	\$75 members/\$90 public
	April 12-26	mixed	7:15 – 8:15pm	3 classes	\$75 members/\$90 public
	May 3-24	mixed	2 – 3pm	4 classes	\$100 members/\$120 public
	May 3-24	mixed	3 – 4pm	4 classes	\$100 members/\$120 public
	May 3-24	mixed	7:15 – 8:15pm	4 classes	\$100 members/\$120 public
	June 7-28	mixed	2 – 3pm	4 classes	\$100 members/\$120 public
	June 7-28	mixed	3 – 4pm	4 classes	\$100 members/\$120 public
	June 7-28	mixed	7:15 – 8:15pm	4 classes	\$100 members/\$120 public
	July 12-26	mixed	2 – 3pm	3 classes	\$75 members/\$90 public
	July 12-26	mixed	3 – 4pm	3 classes	\$75 members/\$90 public
July 12-26	mixed	7:15 – 8:15pm	3 classes	\$75 members/\$90 public	
Aug 2-30	mixed	2 – 3pm	4 classes (no class 8/9)	\$100 members/\$120 public	
Aug 2-30	mixed	3 – 4pm	4 classes (no class 8/9)	\$100 members/\$120 public	
Aug 2-30	mixed	7:15 – 8:15pm	4 classes (no class 8/9)	\$100 members/\$120 public	
Tuesday	March 2-23	mixed	8:45 – 9:45am	4 classes	\$100 members/\$120 public
	April 6-27	mixed	8:45 – 9:45am	4 classes	\$100 members/\$120 public
	May 4-25	mixed	8:45 – 9:45am	4 classes	\$100 members/\$120 public
	June 1-29	mixed	8:45 – 9:45am	5 classes	\$125 members/\$150 public
	July 6-27	mixed	8:45 – 9:45am	4 classes	\$100 members/\$120 public
	Aug 3-31	mixed	8:45 – 9:45am	4 classes (no class 8/10)	\$100 members/\$120 public
Wednesday	March 3-24	mixed	1:30 – 2:30pm	4 classes	\$100 members/\$120 public
	April 7-28	mixed	1:30 – 2:30pm	4 classes	\$100 members/\$120 public
	May 5-26	mixed	1:30 – 2:30pm	3 classes (no class 5/19)	\$75 members/\$90 public
	June 2-30	mixed	1:30 – 2:30pm	5 classes	\$125 members/\$150 public
	July 7-28	mixed	1:30 – 2:30pm	4 classes	\$100 members/\$120 public
	Aug 4-25	mixed	1:30 – 2:30pm	3 classes (no class 8/11)	\$75 members/\$90 public
Friday	March 5-26	mixed	11:30am – 12:30pm	4 classes	\$100 members/\$120 public
	April 9-30	mixed	11:30am – 12:30pm	4 classes	\$100 members/\$120 public
	May 7-28	mixed	11:30am – 12:30pm	4 classes	\$100 members/\$120 public
	June 4-25	mixed	11:30am – 12:30pm	4 classes	\$100 members/\$120 public
	July 9-30	mixed	11:30am – 12:30pm	4 classes	\$100 members/\$120 public
	Aug 6-27	mixed	11:30am – 12:30pm	3 classes (no class 8/13)	\$75 members/\$90 public

