

# PILATES

December 2018



**Collins  
Aerospace**

Rec Center

## Reformer Class Schedule \$ (Studio B)

### MONDAY

5:25-6:25 AM	Amanda
8:15-9:15 AM	Bonnie
9:20-10:20 AM	Bonnie
1:10-2:10 PM	Bonnie
5:35-6:35 PM	Angela

### TUESDAY

8:15-9:15 AM	Lindsay
9:20-10:20 AM	Lindsay
12:10-12:55 PM	Jacki

### WEDNESDAY

8:15-9:15 AM	Jacki
10:00-11:00 AM	Nicole
12:10-12:55 PM	Lindsay
5:00-6:00 PM	Lindsay
6:00-7:00 PM	Lindsay

All classes listed on this page are at an additional cost to your Rec Center Membership. See other side for information on VIPilates pricing.

### THURSDAY

5:25-6:25 AM	Amanda
8:15-9:15 AM	Bonnie
9:20-10:20 AM	Lindsay
12:10-1:10 PM	Brenda

### FRIDAY

9:20-10:20 AM	Angela
Pilates on the ARC 10:30-11:15 AM	Angela
1:10-2:10 PM	Bonnie

### SATURDAY

8:05-9:05 AM	Staff
--------------	-------



## Is Pilates is for you?

Research has shown that Pilates improves spinal mobility, flexibility, muscular endurance, posture, body awareness, lower back pain and bone density. That's just the beginning!

**Try It For Free!**

**Mondays 12:00-1:00 PM**

Sign up at front desk

## EXO Chair Class Schedule \$ (Studio A)

### MONDAY

5:00-5:45 PM	Lindsay
--------------	---------

### TUESDAY

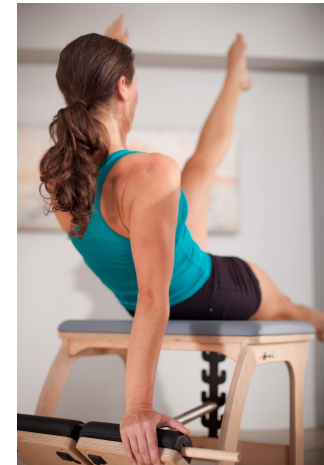
9:20-10:05 AM	Bonnie
1:10-1:55 PM	Bonnie

### WEDNESDAY

11:15-12:00 PM	Lindsay
----------------	---------

### THURSDAY

10:30-11:15 AM	Bonnie
11:15-12:00 PM	Bonnie



= Silver Pilates Classes. Silver Pilates Classes are geared toward active seniors, those with any physical restrictions or those just getting out of Physical Therapy.

Ask an instructor to see which class is the best fit for you.

All Students wishing to take any of our Reformer or EXO Chair Pilates classes must take a set of Private Introductory sessions. (\$)

To schedule, contact Bonnie Benesh,  
Pilates Program Manager,

**295-0066**

**bonnie.benesh@rockwellcollins.com**

## Three ways to pay

### 1) VIPILATES

\$24 - 4 classes  
 \$40 - 8 classes  
 \$60 - 12 classes  
 \$80 - 16 classes

*VIPilates rates are monthly and set up via automatic withdrawal from a checking or savings account*

### 2) Punch Cards

5 classes: \$35  
 10 classes: \$70  
 20 classes: \$140

*Available for purchase at front desk*

### 3) Drop in classes: \$8/class



Bonnie Benesh  
 Pilates Program Manager  
 Pilates Method Alliance, Certified Pilates Teacher  
 and  
 Balanced Body® Pilates and Barre  
 MASTER INSTRUCTOR  
 319.295.0066  
[bonnie.benesh@rockwellcollins.com](mailto:bonnie.benesh@rockwellcollins.com)

## Class Descriptions:

### Pilates Reformer:

One of Joseph Pilates' original pieces of apparatus, the Reformer allows you to gain strength and control while being easily modifiable to all bodies.

*\*Introductory sessions required*

### EXO Chair:

A newer addition to the Pilates apparatus, the EXO chair brings the best of the original Low Chair, Reformer and Mat all together into a great balance and strength workout.

*\*Introductory sessions required*

### Pilates Mat:

No equipment required. Join us for the most comprehensive core workout you have ever experienced. No previous experience or sign up required.

### Barre:

We offer 3 versions of the super popular Barre method that caters to all fitness levels. No previous experience or sign up required. See class

descriptions here. →



*The Rockwell Collins Rec Center is an authorized training site for Balanced Body Pilates and Barre teacher education. Email [BBPilatesCR@gmail.com](mailto:BBPilatesCR@gmail.com) for more information*

## FREE CLASSES

### Mat Pilates Class Schedule *No sign up required*



#### MONDAY

12:10-12:55 PM	Fitness Classroom	Bonnie
----------------	-------------------	--------

#### TUESDAY

10:30-11:15 AM	Fitness Classroom	Bonnie
----------------	-------------------	--------

#### FRIDAY

12:20-1:05 PM	Fitness Classroom	Bonnie
---------------	-------------------	--------

*Mat Pilates classes are complimentary with your Rec Center membership.*



### Barre Class Schedule

*No sign up required*

#### MONDAY

10:30-11:15 AM	Fitness Classroom	Bonnie	Body Barre-Full body Barre/Pilates workout
----------------	-------------------	--------	--

#### TUESDAY

5:00-5:25 PM	Fitness Classroom	Katie	Body Barre Express -Shortened version of the Body Barre class
--------------	-------------------	-------	---

#### THURSDAY

10:00-10:30 AM	High Court Classroom	Jacki	Balance Barre-Slower/modified version of the traditional Barre class.
----------------	----------------------	-------	---

*All barre classes are complimentary with your Rec Center membership*