

# PILATES

If you are looking to develop strong and lean muscles in a relaxed setting, pilates is the ideal workout for you. UBC REC offers several variations on a pilates workout, including Pilates Reformer which integrates spring resistance for a more functional workout. To find out more details about class instructors, visit [www.pilates.rec.ubc.ca](http://www.pilates.rec.ubc.ca).

## MAT PILATES

Pilates is designed to stretch and strengthen the muscles, creating a long and lean look. Pilates improves posture, flexibility and balance. With exercises focusing on the core muscles, this work out will have you quickly feeling the burn.

### Fall Information

<i>Section I - 12 sessions</i> Location: SRC Studio Sep 12 - Dec 5 Mon 10:00 - 11:00am No classes Oct 10 FREE CLASSES Sep 12	<i>Section II - 13 sessions</i> Location: SRC Studio Sep 14 - Dec 7 Wed 10:00 - 11:00am FREE CLASSES Sep 14	<i>Section III - 12 sessions</i> Location: SRC Studio Sep 16 - Dec 9 Fri 10:00 - 11:00am No classes Nov 11 FREE CLASSES Sep 16	<i>Section IV - 25 sessions</i> Location: SRC Dojo Sep 12 - Dec 7 Mon/Wed 4:00 - 5:00pm No classes Oct 10 FREE CLASSES Sep 12, 14	<i>Section V - 26 sessions</i> Location: SRC Studio Sep 13 - Dec 8 Tue/Thu 1:00 - 2:00pm FREE CLASSES Sep 13, 15
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### Winter Information

<i>Section I - 13 sessions</i> Location: SRC Studio Jan 9 - Apr 2 Mon 10:00 - 11:00am FREE CLASSES Jan 9	<i>Section II - 14 sessions</i> Location: SRC Studio Jan 11 - Apr 11 Wed 10:00 - 11:00am FREE CLASSES Jan 11	<i>Section III - 13 sessions</i> Location: SRC Studio Jan 13 - Apr 13 Fri 10:00 - 11:00am No classes Apr 6 FREE CLASSES Jan 13	<i>Section IV - 27 sessions</i> Location: SRC Dojo Jan 9 - Apr 11 Mon/Wed 4:00 - 5:00pm No classes Apr 9 FREE CLASSES Jan 9, 11	<i>Section V - 28 sessions</i> Location: SRC Studio Jan 10 - Apr 12 Tue/Thu 1:00 - 2:00pm FREE CLASSES Jan 10, 12
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Mat Pilates

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Sec I	Fall	\$94 36618	\$103 36607	\$109 36596		
	Winter	\$102 36641	\$111 36635	\$118 36629		
	2 Terms	\$182 36622	\$196 36608	\$210 36597		
Sec II	Fall	\$102 36619	\$111 36609	\$118 36598		
	Winter	\$110 36642	\$120 36636	\$127 36630		
	2 Terms	\$197 36623	\$212 36610	\$227 36599		
Sec III	Fall	\$94 36620	\$103 36611	\$109 36600		
	Winter	\$102 36643	\$111 36638	\$118 36632		
	2 Terms	\$182 36624	\$196 36612	\$210 36604		
Sec IV	Fall	\$196 36621	\$214 36613	\$227 36605		
	Winter	\$212 36644	\$231 36640	\$245 36634		
	2 Terms	\$379 36625	\$408 36614	\$437 36606		
Sec V	Fall	\$204 36626	\$223 36615	\$236 36601		
	Winter	\$220 36878	\$240 36877	\$254 36876		
	2 Terms	\$393 36875	\$423 36874	\$454 36873		

## PILATES PRIVATE & PILATES DUO

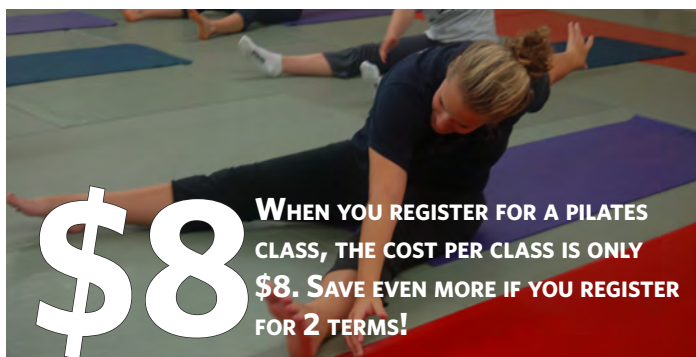
Optimal results are attained through individually tailored pilates sessions that incorporate reformer and mat work, assessments (alignment and Functional Movement Screening), and release work as needed. The one on one attention provided allows each client to take their practice to the next level, as they will develop a better understanding of their own habits, needs, personal modifications and exercises that are of particular benefit to them. Personal goals are addressed, and additional homework exercises are provided so that you can work at achieving your goals after the session as well! Private sessions are particularly encouraged for those who are new to pilates as well as those recovering from injury and those requiring specific training to advance further in their sport or activity. Classes are booked based on availability of space.

### Fall Information

1 or 5 sessions  
Location: Studio  
Sep 5 - Dec 23  
Day & time are based on booking

### Winter Information

1 or 5 sessions  
Location: Studio  
Jan 3 - Apr 27  
Day & time are based on booking



**\$8**

**WHEN YOU REGISTER FOR A PILATES CLASS, THE COST PER CLASS IS ONLY \$8. SAVE EVEN MORE IF YOU REGISTER FOR 2 TERMS!**

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Solo	Fall	\$74 37935	\$77 37931	\$80 37927		
	Fall (5 sessions)	\$330 37936	\$340 37932	\$352 37928		
	Winter	\$74 37937	\$77 37933	\$80 37929		
	Winter (5 sessions)	\$330 37938	\$340 37934	\$352 37930		
	Duo	Fall	\$102 38144	\$105 38146	\$108 38059	
Duo	Fall (5 sessions)	\$418 38145	\$428 38147	\$438 38060		
	Winter	\$102 38148	\$105 38150	\$108 38061		
	Winter (5 sessions)	\$418 38149	\$428 38154	\$438 38062		

[www.pilates.rec.ubc.ca](http://www.pilates.rec.ubc.ca)  
FREE CLASSES - UBC REC Shopping Week  
Fall Term: Sep 12 - 18 Winter Term: Jan 9 - 15

## REFORMER PILATES

Take your fitness to a new level with Reformer Pilates classes. The spring resistance on this unique equipment focuses on the use of arms, legs, and torso, thus making this a full body and functional workout. Space is limited to 10 people per class so be sure to register early.

### Fall Information

Section I - 12 sessions  
Location: SRC Studio  
Sep 16 - Dec 9  
Fri 2:00 - 3:00pm  
No classes Nov 11  
FREE CLASSES Sep 16

### Winter Information

Section I - 13 sessions  
Location: SRC Studio  
Jan 13 - Apr 13  
Fri 2:00 - 3:00pm  
No classes Apr 6  
FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$195	36683	\$205	36677	\$215	36671
Winter	\$211	36696	\$222	36693	\$233	36689
2 Terms	\$392	36684	\$406	36678	\$427	36672

## PILATES FUSION

The focus of this class is balance within - starting with a gentle warm up, and moving into a combination of postures flowing together to allow you to feel strong and centered. Class will conclude with restorative postures and relaxation. A great workout, together with a sense of calm and relaxation makes for the perfect combination!

### Fall Information

Section I - 12 sessions  
Location: SRC Dojo  
Sep 12 - Dec 5  
Mon 11:00am - 12:00pm  
No classes Oct 10  
FREE CLASSES Sep 12

Section II - 12 sessions  
Location: SRC Dojo  
Sep 16 - Dec 9  
Fri 11:00am - 12:00pm  
No classes Nov 11  
FREE CLASSES Sep 16

Section III - 12 sessions  
Location: SRC Dojo  
Sep 16 - Dec 9  
Fri 4:00 - 5:00pm  
No classes Nov 11  
FREE CLASSES Sep 16

### Winter Information

Section I - 13 sessions  
Location: SRC Dojo  
Jan 9 - Apr 2  
Mon 11:00am - 12:00pm  
FREE CLASSES Jan 9

Section II - 13 sessions  
Location: SRC Dojo  
Jan 13 - Apr 13  
Fri 11:00am - 12:00pm  
No classes Apr 6  
FREE CLASSES Jan 13

Section III - 13 sessions  
Location: SRC Dojo  
Jan 13 - Apr 13  
Fri 4:00 - 5:00pm  
No classes Apr 6  
FREE CLASSES Jan 13

Term	UBC Student		UBC Staff/Faculty		Public		
	Price	Course ID	Price	Course ID	Price	Course ID	
Sec I	Fall	\$94	36660	\$103	36658	\$109	36656
	Winter	\$102	36913	\$111	36907	\$118	36901
	2 Terms	\$182	36892	\$196	36890	\$210	36888
Sec II	Fall	\$94	36661	\$103	36659	\$109	36657
	Winter	\$102	36914	\$111	36908	\$118	36902
	2 Terms	\$182	36893	\$196	36891	\$210	36889
Sec III	Fall	\$94	36898	\$103	36896	\$109	36894
	Winter	\$102	36917	\$111	36911	\$118	36905
	2 Terms	\$182	36899	\$196	36897	\$210	36895

**WANT MORE VARIETY? DON'T MISS OUT ON THE COMBINED YOGA/PILATES CLASSES ON P. 14.**

## SUNDAY MORNING PILATES

A great way to start a holistic Sunday, pilates is designed to stretch and strengthen the muscles, creating a long and lean look. Pilates improves posture, flexibility and balance. Much attention is paid to core exercises. This challenging workout uses a series of strictly controlled postures.

### Fall Information

Section I - 11 sessions  
Location: SRC Dojo  
Sep 18 - Dec 11  
Sun 10:00 - 11:00am  
No classes Oct 9, Nov 13  
FREE CLASSES Sep 18

### Winter Information

Section I - 13 sessions  
Location: SRC Dojo  
Jan 15 - Apr 15  
Sun 10:00 - 11:00am  
No classes Apr 8  
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$86	36743	\$94	36741	\$100	36739
Winter	\$102	36747	\$111	36746	\$118	36745
2 Terms	\$175	36744	\$188	36742	\$202	36740



## PILATES MAT-TO-REFORM

If you want to take mat pilates to another level, try our new combo class for a more complete workout and challenge. Mat pilates concentrates on strong core work and stabilization of the torso. Reformer pilates uses spring loaded weight resistance to add challenging exercises. This class will provide an excellent intro to learn the basics of Reformer work with progression to more complex exercises throughout the 2 terms.

### Fall Information

Section I - 13 sessions  
Location: SRC Studio  
Sep 13 - Dec 6  
Tue 10:00 - 11:00am  
FREE CLASSES Sep 13

Section II - 13 sessions  
Location: SRC Studio  
Sep 15 - Dec 8  
Thu 10:00 - 11:00am  
FREE CLASSES Sep 15

### Winter Information

Section I - 14 sessions  
Location: SRC Studio  
Jan 10 - Apr 10  
Tue 10:00 - 11:00am  
FREE CLASSES Jan 10

Section II - 14 sessions  
Location: SRC Studio  
Jan 12 - Apr 12  
Thu 10:00 - 11:00am  
FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public		
	Price	Course ID	Price	Course ID	Price	Course ID	
Sec I	Fall	\$131	36993	\$139	36988	\$146	36978
	Winter	\$141	36995	\$149	36990	\$157	36979
	2 Terms	\$257	36997	\$272	36992	\$287	36980
Sec II	Fall	\$131	36994	\$139	36987	\$146	36981
	Winter	\$141	36996	\$149	36989	\$157	36986
	2 Terms	\$257	36998	\$272	36991	\$287	36982

Instructional classes are subject to change due to facility availability & enrollment. Not all classes are offered every term. All prices include applicable taxes.