**Vision**

Reformation Pilates specializes in individual and small group programming on the Pilates apparatus.

* Cues and modifications are based on the biomechanical movement. Such as correct alignment and joint range of motion.
* Experienced in training professional athletes, dancers, fitness-minded who what to add another level of challenge, as well as pregnant women, and rehabilitation clients.
* New insight into movement, posture, strength, and mind-body connection.
* Exercise direction given based on individual physiology and personal goals.
* Reformation Pilates Studio guides you through a safe and progressively challenging workout regimen with incorporating innovative techniques with the traditional Pilates discipline.

**Benefits**

Regular Pilates clients taught by an experienced instructor, notice the following benefits:

Longer, leaner, toned muscles

* Improved posture and balance
* Increased core strength, granting a new, more integrated physical power
* Increased range of motion and flexibility
* Increased energy level and improved circulation
* Greater stability in hyper-mobile joints
* Improved sports performance (tennis, golf, running, diking, swimming, etc.)
* More balanced body (most people have a stronger side)
* Adaptive method, able to suit the injured, pregnant, dancer, athlete, senior and beginner.

**Getting Started**

Pilates exercise began with mat. Some clients prefer learning mat first or in addition to equipment exercise.

* Mat classes are mostly performed on the floor, sometimes utilizing Pilates props, such as the magic circle, foam roller, balls, and therabands.
* For those unfamiliar with Pilates equipment a fitness/posture evaluation is necessary. Private lessons offer the entire range of equipment including the Cadillac, reformer, Wunda chair, and props.
* Duets and trios are done on the reformer.
* Flexible and comfortable clothing should be worn.

**Staff**

All instructors have participated in an in-depth formal Pilates training program including the traditional method of Pilates as well as the contemporary approach. A minimum of 3 years of Pilates experience combined with anatomy of movement and apprenticeship under the Reformation style of Pilates taught by Katy Roelle.

**Katy Roelle**

After earning her BFA from FSU in 1985, Ms. Roelle studied the Pilates method for 10 years in California while pursuing a career in Dance. Katy’s experience as a professional ballet dancer/choreographer led her to touring the south Pacific and the orient with Princess Cruise Lines. Kate has been a consultant for amateur and professional athletes across the United States.

Her foundation and focus is in classical Pilates. Extensive understanding of biomechanics and functional movement, along with years of teaching experience, enables her to develop and teach techniques used in injury prevention and rehabilitation, sport-specific, geriatric, and special population training.

**Training & Classes**

**Mat Classes**

**Beginner, Intermediate, Advanced and Pilates Fusion**

Modifications are given based on individual needs. Small apparatus such as exercise bands, magic circles, foam rollers and light hand weights may be utilized.

Exercise mats are provided for all mat classes but you may bring your own.

**Mat Class Fees**

Drop-in - $15 per class

Class card - $60 for 6 classes

Please call 770-401-0203 to register Class times subject to change.

A minimum of 5 students is needed to hold the class.

**Apparatus**

Private Lessons $75

Semi-Private $37

Group (Trio or Quad) $30

**Mat Classes**

Mat Schedule

Friday 11:30-12:30

Check Current Schedule and location on Reformation Pilates Face Book page.

**Teacher Training**

Reformation Pilates Teacher Training is filled with information observation, practical experience, and practice teaching. Functional Anatomy is taught by connecting Pilates movement with anatomical nomenclature to aid in the understanding of muscular biomechanics. Knowledge of functional anatomy is required for Reformation Pilates Studio certification. A functional anatomy test-out is available to those with previous anatomy training: cost $50.

The first step towards certification will begin with Mat Level I and II, consisting of pre-Pilates fundaments, 25 mat exercises, and their modifications. The second mat seminar will complete the advanced mat work. Individual apparatus training will be offered in 3-day seminars, to be taken after mat requirements are completed.

The General Fitness level Reformer Workshop draws from contemporary and classical Pilates philosophy, perfect for personal trainers, physical therapists, and chiropractors wanting to teach entry level Reformer workouts. Pilates knowledge gained from this seminar will allow instructors to move onto more advanced training, offered in intermediate and Advanced Reformer, Cadillac/Wall unit, Wunda chair/Ladder Barrel. And continuing education courses.

All 3-day workshops are $400. Anatomy costs $185. Test out $75. Call 700-401-0203 for more information to reserve your spot.

**Training Schedule**

* Wunda Chair/Ladder Barrel
* Mat Level I and II
* Mat Level III
* General Fitness Reformer
* Intermediate Reformer
* Cadillac/Wall Unit
* Anatomy for Pilates
* Upcoming Continuing Education Seminars (experienced Pilates Instructors only)

**Studio Information & Directions**

**Contact Us**