

4681 Ohio Drive #116
 Frisco, TX 75035
 (Lebanon/Ohio Center)
 Near Ricks Kicks-Behind MINT Music School



Studio: (972) 668-5262
 Mobile: (469) 964-8481
www.getreformed.com
 (Link to Online WebScheduler)

SCHEDULE for CLASSES & G.E.T. (Group Equipment Training Sessions) BEGINS MONDAY, JANUARY 23rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15AM START G.E.T. Tower (7) Level I-II Rebecca- FS	9:30AM START CLASS Pilates Mat BURN (15) Level I-II Rebecca- US	9:30AM START CLASS YOGA Flow (15) Level II Shanell-US	9:30AM START G.E.T. REDCORD Suspension Active II (6) Stefan -US	9:30AM START CLASS Pilates Mat FLOW (15) Level II-III (45minutes) Tammy -US	8:30AM START CLASS Pilates Mat BURN (15) Level I-II Rebecca/Julie -US
9:30AM START G.E.T. Tower (7) Level I-II Rebecca- FS	10:30AM START G.E.T. Tower (7) Level I-II Kelsie -FS		10:30AM START G.E.T. Tower/Reformer(7) Level II Rebecca -FS	10:15AM START CLASS Barefoot Cardio(15) "Willpower & Grace" Level I-II (45 minutes) Tammy-US	9:30AM START G.E.T. Reformer-Jumpboard Cardio/ Sculpt Intervals Level II-III (7) Rebecca/Kelsie-FS
10:30AM START CLASS Pilates Mat BASIC (12) For Healthy Spine-Core Level I Stephanie -US	10:30AM START G.E.T. REDCORD Suspension Active II (6) Stefan-US		10:30AM START G.E.T. REDCORD Suspension Active I (6) Stefan-US		9:30AM START G.E.T. Tower (7) Level I-II Stefan-FS
NOON START G.E.T. Equipment Circuit (7) Tower-Reformer-Chair Level I-II Alex-FS	NOON START CLASS Cardio/Sculpt Interval Training (15) Erin-US *Wear Tennis Shoes	NOON START G.E.T. Tower (7) Level I-II Rebecca-FS	5:30PM START G.E.T. REDCORD Suspension Progressions I (6) Level I-II Stefan-US	1:00PM START G.E.T. KickBox BootCamp (8) Level II Erin-US *Tennis Shoes/Gloves	10:30 AM START G.E.T. Tower (7) Level II Rebecca/Kelsie-FS
	6:00PM START CLASS Barefoot Cardio (15) Level I-II 30 minutes Rebecca-FS		6:00PM START CLASS Barefoot Cardio (15) Level I-II 30 minutes Julie-FS	KEY: Class or GET Format (max # clients) Level taught Instructor FS=Front Studio US=Urban Studio	10:30AM START G.E.T. REDCORD Suspension Progressions I-II (6) Level I-II Stefan-US
6:15PM START G.E.T. Tower/Reformer (7) Level I-II Kelsie-FS	6:30PM START G.E.T. Advanced Tower (7) Level II-III Rebecca-FS	6:15PM START G.E.T. Equipment Circuit (7) Tower-Reformer-Chair Level II Kelsie-FS	6:30PM START G.E.T. Tower/Reformer (7) Level I-II Stefan-FS	Level I = Basic Level I-II = Adv. Beg. & Low Intermediate Level II = Strong Intermediate Level II+ = Adv. Int.	
6:30PM START G.E.T. REDCORD Suspension Progressions I&II (6) Level I-II Stefan-US	6:30PM START CLASS Pilates Mat w/Props (15) Level I-II Nimisha-US		6:30PM START CLASS Pilates Mat FLOW (15) Level I-II Julie-US	Principles of Pilates: Centering, Control, Concentration, Flow, Breath, Precision Benefits of Pilates: Flat Abdominals, Powerful Core, Lean/Fit/Flexible Muscles, Spinal Mobility, Healthy Back, Restored Posture & Balance, Centered Body, Functional/Integrated Movement, Coordination & Greater Balance, Improved Appearance	

G.r.oup E.quipment T.raining
CLASS (Mat/Yoga/KickBox)

Single \$25
 Single \$10

Pkg. of 4/ \$100
 Pkg. of 5/\$50

Pkg. of 12/\$240
 Pkg. of 20/\$160

Best Price: (\$20 ea.)
Best Price: (\$8 ea.)

Getting Started with CLASSES or G.E.T. :

For CLASSES: If you are Healthy w/ NO Special Issues you can Reserve a Place on the WebScheduler or Call the Studio

****Exception for Pilates Mat - If You are:**

Post Rehab /Special Concerns/DeConditioned & New to Pilates

You will need to Take 2 Intro Privates /Duets before joining an appropriate Level Class

For G.E.T.: (G.r.oup E.quipment T.raining Sessions) To be able to Join a Class:

Take 2 Intro Privates (minimum) if you have Previous Equipment Training -Styles vary
 New to Equipment Training? You will Need Approximately 6-10 Appointments (Pvts. or Duets) to learn Exercise series and equipment set up/transitions.

What Should I Bring? How Should I Dress?

- Wear comfortable conservative clothes; not excessively baggy
- Men wear Biker Shorts under gym shorts or sweats
- Barefoot or Special gripper socks; for Pilates/Yoga (no Shoes unless special foot condition)
- No lotions or perfumes - Mats/Hand towels provided
- **Bring Client /Health Profile Form (from website)**
- Dr. Release for Post Rehab
- Payments: Visa, Mastercard, AmericanX, Check, Exact Cash

CLASS DESCRIPTIONS:

See Online Webscheduler (click on class title) for more details.

CLASSES (Pilates Mat, YOGA,, Cardio Sculpt, Barefoot Cardio) (Limit 12-15 Clients)(Cost is \$10 each or \$8 Discount. Price)

- **PILATES MAT:** The foundation for all of the Pilates Method of Body Conditioning- just you against Gravity! Develops Core strength, Spinal mobility, and Flexibility. Tones & lengthens muscles. **Mat FLOW** class format focuses on flowing within the exercises and between exercises with continuous Breath and Control .In **Mat BURN** class you “ Go for the Burn” by using low resistance (dumbbells, leg wts., bands, balls)and high # of reps for maximum muscle toning. **Mat w/Props** offers deeper awareness thru the use of Props.**Mat Basics for Healthy Spine-Core** is especially for those who are new to Pilates and de-conditioned or have some special issues/conditions and need a slower pace-more instructions.
- **CARDIO SCULPT:** This Interval Training class alternates simple Lo Impact Cardio Modules (including Kickboxing combos) with Strength & Corework: Wear tennis shoes.
- **YOGA FLOW:** This fitness-based Vinyasa (flow) Yoga class guides clients through the basic Yoga postures offering modifications and options for those with limitations. Yoga opens up the Hips, Hamstrings, and Upper/Lower Back and relaxes the Mind allowing a deeper focus with a controlled but flowing breath.
- **BAREFOOT CARDIO:** Based on the exercise science of the natural foot (barefoot) establishing the body’s foundation of sensory feedback for balance, posture, and movement. This very simple & low impact cardio class is An effective calorie burning and heart friendly alternative to the treadmill or elliptical.

G.E.T. = G.roup E.quipment T.raining Classes (in Front Pilates Equipment Studio) (Limit 7 Clients / \$20-\$25 each)

ALL Clients NEW to Get Reformed Pilates Center must take 2 Intro Privates/Duets before joining a GET class (unless NYC classically trained)
Clients who are New to Pilates Equipment Training will require additional 6-10 Privates/Duets (minimum) before joining a Group Equipment Training Class.
This Studio adheres to the Classical Exercises, Traditional System Orders, and Equipment transitions.

- **REDCORD Suspension Exercise** (In Urban Studio) The Norwegian Redcord system of ropes, slings, bungees developed 20 years ago by Physical Therapists activates your Core and Stabilizes your joints to strengthen, tone, and balance the body. Formats are Redcord ACTIVE, Flowing PROGRESSIONS I & II, and the more athletic SPORT.
- **ALL EQUIPMENT Circuit:: Tower-Reformer-Chair** This class follows the traditional format For a Private Pilates session, but experienced in a group: Mat warm-up/ Reformer-Towers (Cadillac) and the Wunda Chairs – sometimes Barrels. Previous experience via Privates/Duets on All apparatus is a pre-requisite as the class requires some independent work. **Safety is Key!!**
- **REFORMER Jumpboard: Cardio & Sculpt:** An Intense workout alternating Cardio Jumpboard modules with upper body sculpting and Abdominal segments
- **TOWER:** The Vertical “Tower” is a nickname for the more modern version of the Cadillac apparatus which is actually called “The Wall Unit.” The apparatus is fastened to the Wall and uses leg & arm springs, a Push Thru and Roll Down Bar for an effective spring-loaded resistance training Pilates workout. A short Matwork and Core included.
- **TOWER/REFORMER:** This format combines the 2 primary pieces of Pilates apparatus for 30 minutes each for a balanced workout -option to add Jumpboarding. Short Matwork with Pilates Core included.
- **KICKBOX BOOTCAMP:** Personal Trainer coaching style class. Tennis shoes and gloves required.

APPOINTMENT HOURS & OFFICE HOURS

Trainers are Available & Studio is **OPEN by Appointment Only**

Monday - Thursday: 6:15 am-9:15 pm
 Friday 6:15 am-6:00pm
 Saturday 7:30 am-2:30pm

*See Online WebScheduler for each Trainer’s Availability
 Go to www.getreformed.com – Click to WebScheduler

OFFICE HOURS:

Monday- Friday 8:30am-Noon
 Monday/Tuesday 5:30- 7:00 pm

Administrative Assistant will be at Reception Desk for Inquiries by Phone or in Person for Information & Tours, Booking, Accounts, Gift Certificates, Retail Store Purchases.

*Messages will be Taken & Returned during remaining Hours

Services Menu & Booking/Cancellation Policies

- Clients will be auto-charged for any Cancellations less than 24 Hrs. in Advance (Limited Exceptions Case by Case)
- **Cancel** via Studio Phone –Response to Email Confirmation-Online
- **Notify Trainer by Cell # if it is a short notice Cancellation**
- **Always refer to the Online Webscheduler for the Current status of Classes**
- **Classes which do not maintain sufficient number of clients will be taken off Schedule**

For CLASSES: (Mat/Yoga/Cardio Sculpt)

Held in Urban Studio: (Limit 15)
 Walk-Ins welcome if spaces open
 However, CALL or Check the Webscheduler for the **status** of the Class.
 Places can be reserved online up to 30 Minutes before Class time.

For GET (Group Equipment Trainings) Sessions:

Classes in Front Studio except for ActivCore: (Limit 7)
 Can Sign up Online 30 minutes before Class time
Same policies as Above- But # of Participants are limited by equipment availability

For PRIVATE APPOINTMENTS w/Trainer (Pilates Equipment/Yoga/Personal Training/Thai Yoga Bodyworks

Can be Booked Online up to 16 Hours before Appointment

- Call/Email Studio or Trainer directly for more immediate availability
- 24 Hour Cancellation auto charge policy will be strictly adhered to

For Get ReFormed Group Semi-Private Appointments w/Trainer (2-4 Clients):
 Known sometimes as “Duets or Trios or Foursomes,” the Groups are Recurring Appointments with a specific Trainer, Day & Time where Clients of similar Levels are Training in a small group at the Semi-Private \$40 rate
 Clients can look at the Get ReFormed GROUP chart to find an Appropriate Group of Training Partners to join on a regular basis
 Email Confirmations are sent out weekly- Cancel if unable to come

For RECURRING PRIVATE APPOINTMENTS:

Can be established to reserve Prime timeslots/day/Trainer on weekly basis

- Above policies apply PLUS Advance Notification needed for Dates of extended absences./VACATIONS

APPOINTMENTS with TRAINERS

Pkg. All	2 INTRO Special Privates	\$100 (\$50 ea)
	2 INTRO Special Duets	\$65 (\$32.50 ea)
	Or 2012 Special Pvts/Duets	\$150/\$98
Pkg. Begin	4 New Client Special Pvts	\$190 (\$47.50 ea)
	4 New Client Special Duets	\$130 (\$32.50 ea)
Pkg. Continue	4 Privates w/Trainer	\$240 (\$60 ea)
	4 Privates w/Sr. Trainer	\$280 (\$70 ea)
	10 Privates w/Trainer	\$600 (\$60 ea)
	10 Privates w/Sr. Trainer	\$700 (\$70 ea)
	6 Semi-Privates	\$240 (\$40 ea)
	10 Semi-Privates	\$400 (\$40 ea)
Pkg. Discount	10 Privates w/ Trainer	\$580 (\$58 ea)
Pay by Cash/Ck	10 Privates Sr. Trainer	\$680 (\$68 ea)
	10 Semi-Privates	\$380 (\$38 ea)
Thai Yoga Bodyworks		\$70 for 1 Hour/\$100 for 90 Minutes