



www.reformstudiobozeman.com

# November 2017

class schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:15 & 8:30 AM 12:00 & 5:15 PM	2 7:15 & 8:30 AM 5:15 PM	3 8:30 AM 12:00 & 4:00 PM	4
5 4:00 PM	6 8:30 AM 12:00 & 5:15 PM	7 5:15 PM	8 7:15 & 8:30 AM 12:00 & 5:15 PM	9 7:15 & 8:30 AM 5:15 PM	10 8:30 AM 12:00 & 4:00 PM	11
12 4:00 PM	13 8:30 AM 12:00 & 5:15 PM	14 5:15 PM	15 7:15 & 8:30 AM 12:00 & 5:15 PM	16 7:15 & 8:30 AM 5:15 PM	17 8:30 AM 12:00 & 4:00 PM	18
19 <u>5:00 PM</u>	20 8:30 AM 12:00 & 5:15 PM	21 5:15 PM	22 7:15 & 8:30 AM 12:00 & 5:15 PM	23 Happy Thanksgiving!	24 10:00 AM	25
26 4:00 PM	27 8:30 AM 12:00 & 5:15 PM	28 5:15 PM	29 7:15 & 8:30 AM 12:00 & 5:15 PM	30 7:15 & 8:30 AM 5:15 PM		

Class Prices:  
 Drop-in \$20  
 Package of 10 \$170  
 Package of 20 \$300

Pilates Private Session Prices:  
 One person \$60  
 Two people \$35/each  
 Three people \$30/each

\* To attend any class you must have completed five private sessions or have equivalent knowledge of the reformer equipment and exercises.



3 S. Black Ave Suite A Bozeman, MT 59715 406-219-3255  
[www.reformstudiobozeaman.com](http://www.reformstudiobozeaman.com)

### **Jamie Bartley- Practitioner**

- BS, Science- Oklahoma City University
- Rolfing Certification- The Rolf Institute, Boulder CO
- Pilates Studio Certification- Polestar Pilates, Denver CO
- Rolf Movement Certification- The Rolf Institute, Boulder CO

### ***Pilates***

Pilates is safe, sensible exercise system that will help you look and feel your best no matter what your age or condition.

In 1923, German-born Joseph Pilates brought his unique method of physical conditioning to the United States. His study of yoga, martial arts, Zen meditation, Greek and Roman exercises and work with the medical profession led to this unique form of exercise.

Pilates can dramatically transform the way your body looks, feels and performs. It builds strength without excess bulk to create a sleek, toned body. It teaches body awareness, good posture and easy, graceful movement. Pilates improves flexibility, agility and economy of motion. It trains the whole body, coordinating the upper and lower body musculature with the body's center. The result is muscles that are lean and strong.

### **Pilates conditioning method:**

- Develops a strong core
- Elongates and strengthens
- Flattens abdomen and strengthens the back
- Develops muscle elasticity and joint mobility
- Creates an evenly balanced, conditioned body
- Increases flexibility and agility
- Trains efficient patterns of motion
- Improves mind-body connection

By developing proper technique, you can actually retrain your body to move in a safer, more efficient pattern of motion. This type of controlled muscle patterning is invaluable to injury recovery, sports training and overall health. Your entire body becomes evenly balanced, allowing you to meet lifestyle goals and enjoy sports and daily activities with greater ease and less chance of injury.

### ***Rolfing***

Rolfing realigns the body with gravity with focus on the connective tissue. It enables the body to regain its natural integrity thus enhancing postural efficiency and freedom of movement.

Athletes, professionals, people with chronic stress and even those who are just seeking better body awareness benefit from Rolfing. It helps improve performance and comfort in your daily life and activities.