



REFORM & RESTORE

PILATES &
ASSISTED STRETCH



A Studio Update

WELCOME TO OUR MONTHLY NEWSLETTER

Now Booking Group Reformer Classes

799 NORTH COURT STREET, SUITE 8
MEDINA, OHIO 44256

Our dream of opening a Reformer based Pilates Studio in Medina is now a reality.

ReformAndRestorePilates.com

You can now go to our website and purchase a package or membership. Packages are a set number of classes and do not auto renew. Memberships allow you to book your classes at a discounted price and will auto renew each month.

One-on-one sessions are also available on our website. If you prefer a private setting for your Reformer training or would like to schedule an Assisted Stretch, click the 1 on 1 tab and book a time that works best for you.





Small Group Class Descriptions

FOUNDATIONS REFORMER

The foundations class is a must if you have never tried reformer before. This class will teach you how to use the equipment confidently and safely. The class flows at a slower pace allowing you to master foundational exercises while incorporating proper form and breathing technique. This class is suitable for all levels.

ATHLETIC REFORMER

This powered up reformer class moves at a moderate to fast-paced tempo, incorporating swift transitions and introducing you to a repertoire of advanced exercises. Geared towards individuals who have accumulated extensive experience in Reformer classes and have developed a seamless flow in their transitions. This next-level session offers an opportunity to push your boundaries and intensify your workout. Not recommended for beginners or clients rehabbing from injury.

CARDIO REFORMER

In this class, we attach a Jumpboard to the front end of the Reformer machine, situated near the springs. Jumpboard sessions are aerobic so you get all the benefits of cardio without the high-impact. You will be lying down with your spine and body properly aligned for safety. This low-impact form of cardiovascular training places minimal stress on your joints. We'll get that heart rate elevated by incorporating bursts of cardio activity into your reformer workout to challenge your strength and level up your fitness. Not suitable for complete beginners or pre and postnatal.

STRETCH AND RESTORE REFORMER

This Reformer based stretching class would be an excellent addition to your normal exercise routine when your body needs a little break. Flexibility and mobility will be addressed with stretching exercises that open the hips, low back, and shoulders. Come stretch it out and show your muscles some love. This class is suitable for all levels.

CANCELLATION POLICY

We understand that life can be unpredictable. Thank you for respecting and honoring our strict 12 hour cancellation policy for all bookings. Please note that all cancellations or changes received via email are not valid. All cancellations or changes must be managed online by the client, at least 12 hours prior to your booking to avoid forfeiting your class or 1-on1 credit.

The Science of Pilates Journal Articles



PILATES MAT VS. PILATES REFORMER?

The aim of this study was to examine the effect of mat pilates and reformer exercises on body composition and anthropometric characteristics in sedentary women. Also, to determine the regional effects of reformer and pilates in the body and to determine which type of exercise is more effective.

Participants were 36 sedentary women with an average age of 30.1 ± 0.5 . The volunteers were divided into two groups. Participants were given 60 minutes of pilates or reformer exercises 2 days a week for 8 weeks.

It was concluded that reformer based exercises are a more effective type of exercise than mat pilates. It can also be said that mat pilates and reformer exercises have effects that vary physically by different regions in the body, especially reformer exercises, which are more effective than mat pilates exercise in leg thinning according to this study conducted in 2020.

A Uzun, B Demir (2020). [Effect of pilates and reformer exercises on body composition](#) . International Journal of Applied Exercise. Vol.9 No.10.

TO BOOK AND PAY FOR YOUR SESSION:
REFORMANDRESTOREPILATES.COM

Contact: hello@reformandrestorepilates.com