



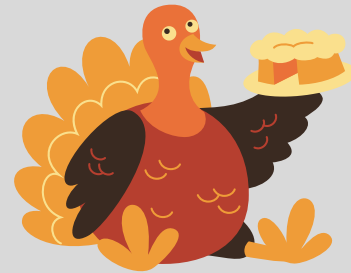
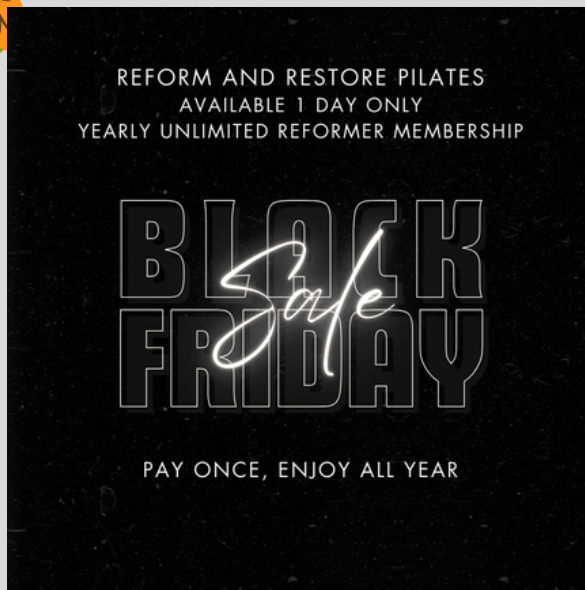
## REFORM & RESTORE

PILATES &  
ASSISTED STRETCH



### A Studio Update

WELCOME TO OUR MONTHLY NEWSLETTER



HAPPY THANKSGIVING!  
We will be closed Thursday,  
November 28th to enjoy time  
with loved ones. Wishing you  
a wonderful holiday!

### UNLIMITED YEARLY MEMBERSHIP - ONE DAY ONLY

Introducing an exclusive, one-time opportunity at a discounted rate: enjoy unlimited Reformer classes for an entire year! This special offer provides you with the flexibility to attend as many classes as you desire, limited to 1 per day, helping you stay committed to your fitness goals. Please note that while the membership allows for unlimited access, an additional \$15 fee will be charged for any class that is booked but not attended. This policy ensures that all members have the opportunity to participate in their chosen classes and encourages accountability. Don't miss out on this chance to elevate your Reformer Pilates experience and achieve your wellness aspirations!



# Small Group Class Descriptions



## **INTRO TO REFORMER**

The Intro to Reformer 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.

## **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 Jump-board to the front end of the Reformer machine, situated near the springs. Jump-board 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.

## **BUTTS & GUTS REFORMER**

This Reformer-based class is designed with focused exercises that target your hips, core, and glutes. You'll engage in precise movements and controlled resistance to promote stability, mobility, and better alignment. Expect flowing sequences, and targeted exercises designed to challenge and tone your midsection while lifting and firming your glutes. Not recommended for beginners or clients rehabbing from injury.

## **MAT PILATES**

The focus of this Mat-based Pilates class is on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups with an emphasis on challenging the core with each movement. Classes will be taught using slow, controlled movements. Utilizing props such as light hand weights, the Pilates ring, foam roller, disks, and bands keeps the class interesting and ensures you'll never take the same class twice! Since the exercises can build in difficulty or be modified to be easier, Mat Pilates is suitable for beginner students up to advanced practitioners.

# The Science of Pilates



## PILATES: A PATH TO IMPROVED MENTAL HEALTH

Pilates is well-known for its physical health benefits, but it also plays a significant role in enhancing mental well-being. Engaging in Pilates can help reduce stress and anxiety by allowing individuals to release pent-up energy and redirect focus away from life's challenges. This form of exercise has been shown to alleviate symptoms of depression and anxiety.

In addition to addressing anxiety and depression, Pilates can improve sleep quality. Studies have shown that inadequate sleep can lead to various mental health issues, including anxiety disorders and major depression. Incorporating Pilates into a weekly routine may help individuals enjoy better sleep by expending energy and promoting relaxation.

Pilates is also beneficial for mood enhancement. The endorphins released during workouts can lead to feelings of pleasure, helping practitioners shift away from negative thoughts. Participating in a Pilates class can provide not only skill development but also a positive boost to one's mood.

Another important aspect of Pilates is its ability to boost energy levels. While it may seem counterintuitive that exercise could alleviate fatigue, Pilates emphasizes breath control, which improves cardiorespiratory capacity and blood circulation, ultimately enhancing overall energy.

Motivation is closely linked to mental health, and Pilates can help foster this essential quality. Research has shown that engaging in physical activity can boost motivation, and practitioners often find themselves motivated by internal factors rather than seeking external validation.



# The Science of Pilates continued



Building social connections is another way Pilates contributes to improved mental health. The communal aspect of group classes fosters bonds with peers and instructors, which can help reduce stress. Additionally, Pilates emphasizes breathing techniques that aid in relaxation, making it a perfect complement to fitness routines.

Pilates also enhances memory and cognitive function. The coordination required in Pilates provides a mental workout, promoting the development of new neurons and neurotransmitters that are vital for memory and critical thinking. Regular physical activity, including Pilates, is associated with a lower risk of cognitive decline as individuals age.

In summary, Pilates offers numerous benefits for mental health through stress reduction, improved sleep quality, mood enhancement, increased energy, motivation, social connections, and cognitive functioning. These aspects make it an invaluable practice for those looking to support their mental well-being alongside their physical fitness.

## References

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