## Pilates Reformer Essentials
Get a great workout while receiving a thorough introduction to the traditional Pilates Method and the fundamental movements that form the basis of many Pilates exercises. Good for beginners and those who want to focus on the fundamentals.

## Pilates Reformer Plus – Level II/III
Take your Pilates practice to the next level in this workout designed for the intermediate to advance enthusiasts. Experience more challenging exercises and variations, with increase tempo and intensity. Increase core strength, flexibility, muscle tone and balance using a variety of Pilates equipment – EXO Chair, Tower, Jump Board and more!

## Pilates AMPD
High intensity, energetic, full-body workout blending highly effective Pilates and athletic exercises to sculpt muscles and torch calories. Be motivated by the energizing music and accelerated pace. In every class, expect every muscle to shake while you plank, lunge, pulse, sweat, and have fun! Pilates AMPD is not appropriate for those with injuries or rehabbing from an injury.

## Pilates Power Pass
A flexible and more convenient way to take classes.
- Enjoy the freedom to attend classes that fit your schedule.
- Guarantee your spot up to 3 days in advance.
- Power pass is good for 90 days.

### Details at tiny.ucsf.edu/pilatespass

### Member/Non-member Pricing

<table>
<thead>
<tr>
<th>Class</th>
<th>Member Price</th>
<th>Non-member Price</th>
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<tbody>
<tr>
<td>Single Class</td>
<td>$32</td>
<td>$42</td>
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<tr>
<td>10 Class Pass</td>
<td>$290</td>
<td>$365</td>
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<td>20 Class Pass</td>
<td>$520</td>
<td>$650</td>
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No shows and cancellations with less than 2-hours notice will be charged for the class. Classes are subject to change without notice.

Please note: Classes are not appropriate for rehabilitation purposes or for those who need special attention due to injury.

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**Fitness & Recreation Centers at UCSF**  
**pilates power pass group classes**  
**August 2019**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>8:00-8:55 am</td>
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<tr>
<td>Pilates AMPD</td>
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<td>Pilates Reformer</td>
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<tr>
<td>Lorna</td>
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<td>Plus Lv II/III</td>
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<td>Pilates Reformer</td>
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<tr>
<td>Jackie</td>
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<td>Plus Lv II/III</td>
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</tbody>
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**Pilates Reformer Essentials**
- **8:00-8:55 am**
  - Pilates Reformer Essentials
  - Lorna

**Pilates Reformer Essentials**
- **9:30-10:25 am**
  - Pilates AMPD
  - Jackie

**Pilates Reformer Essentials**
- **12:00-12:55 pm**
  - Pilates AMPD
  - Adrienne

**Pilates AMPD**
- **5:30-6:25 pm**
  - Pilates Reformer Plus Lv II/III
  - Jackie

**Pilates AMPD**
- **6:30-7:25 pm**
  - Pilates AMPD
  - Jamie

**Pilates Reformer Essentials**
- **5:30-6:25 pm**
  - Pilates Reformer Essentials
  - Katie

**Pilates Reformer Essentials**
- **6:30-7:25 pm**
  - Pilates AMPD
  - Katie

**Pilates Reformer Essentials**
- **9:30-10:25 am**
  - Pilates Reformer Essentials
  - Jackie

**Pilates AMPD**
- **9:30-10:25 am**
  - Pilates AMPD
  - Jackie

**Pilates Reformer Essentials**
- **12:00-12:55 pm**
  - Pilates AMPD
  - Katie

**Pilates Reformer Essentials**
- **5:30-6:25 pm**
  - Pilates AMPD
  - Hilary

**Pilates Reformer Essentials**
- **6:30-7:25 pm**
  - Pilates AMPD
  - Hilary

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**UCSF Fitness & Recreation**  
**Campus Life Services**