

Pilates Studio

at The Club

www.amclub.org.sg

Pilates Studio: 6739-4465
Sports Counter: 6739-4312

(beside Squash Courts)

Pilates exercise focuses on the deep stabilizing muscles of the torso, hips, and shoulder girdle, and helps develop long, lean and functionally strong muscles without the bulk. This can help improve your flexibility, strength, and mobility, as well as restore balance to your body. These deep muscles help change and improve your posture and enable you to move with ease and feel more energetic.

Pilates is a fun and safe type of exercise that can be used by everyone from the sedentary to the super fit. Best of all, because it builds your body awareness and feeling of control, you'll feel the benefits of Pilates in every aspect of your life!

The STOTT PILATEStm method is a contemporary approach to Pilates; taking into account the modern knowledge we have of how the body works. Classes are kept small for more personal attention from the instructor are internationally trained in the recognized STOTT PILATEStm certification programs so you can be guided and get the most out of your session. In our new Pilates Studio, we have equipment including the Reformer with tower, Cadillac, Stability Chair, and small equipment are used.

FEES	Private session - \$120	Semi-Private Session (Duet) - \$160 (\$80 per person)
	Private session package - \$1200 (10 plus 1 complimentary session)	Group equipment class single - \$50 Group equipment class package (10 sessions prepaid) - \$450
<ul style="list-style-type: none"> • All classes subject to availability • Advanced booking recommended: 6739-4312/4465 • Cancellation policy - 24 hours applies to all private and group sessions • All prices include prevailing GST. 		

PRIVATE CLASSES	<p>Private Sessions</p> <ul style="list-style-type: none"> • Available by appointment only • Customized to fit your individual learning, goals & needs • Help you achieve/exceed your goals quicker • Learn the importance of correct placement and movement • Gain greater awareness of your body • Can be attended as a supplement to group classes to keep up good habits • Beneficial for those with specific areas of concern like pregnancy or injury or to enhance particular sports performance 	<p>Semi-Private Sessions (Duet)</p> <ul style="list-style-type: none"> • Available by appointment only • Great for couples or friends needing more individualized attention than in a group class • Benefit from additional savings over Private training and a great way to have fun with friends and encourage each other
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Beginner - suitable for members who has basic knowledge of how to use a reformer and doesn't have special issues such as severe back pain

Advanced - on recommendation from your instructor only

Intermediate - suitable for members who already know the common exercises and have good core strength

Multilevel - suitable for all members from beginner onwards

Mat & Reformer Blend - Traditional Pilates warming up with matwork and working your whole body on the reformer

Core Reform - A brand new group class specially designed to bring together the best from Pilates, resistance training, stretching and fast flowing dance movement all set to adrenaline inspiring music

Core Barre

A blend of ballet inspired toning and reformer based whole body workout

Power Reformer

Everything you can do on a reformer that builds strength and flexibility

Springwall & Reformer

A mix of unilateral work on the springwall and postural exercise on the reformer

Reformer

Pure reformer workouts for those who love spring resistance

Sculpt & Strengthen - Reformer classes aimed at toning and shaping without building bulk

Circuit Training - A fast-paced class in which you move from one exercise station to another. Its intensity focuses exclusively on muscle toning or aerobic exercise.

Jumpboard Toning - Cardio workout on the reformer that builds your core while emphasising leg work

Athletic Conditioning

High intensity reformer workouts with no breaks

Reform Butt & Thighs

A pre-choreographed modern adaptation of traditional Pilates designed specifically to strengthen butt and thighs

Stretch & Tone

Reformer based classes targeting flexibility and improved posture

Sculpt & Burn

Fast paced high rep reformer workouts to shape your body

RIPPED

This total body, high intensity style program utilizes free weights, resistance and body weight. It will help you to attain and maintain your physique in ways that are fun, safe and extremely effective.

Pre/Post-Natal class is available upon request. Please check with the instructor.

Annie Agoncillo

Senior Pilates Trainer. Fully Certified STOTT PILATES Instructor and Certified Integrated Functional Fitness Trainer for General fitness to Rehab. Has been teaching Pilates for 14 years. Also a certified Yoga Teacher and Les Mills trained instructor. Frequently updating her knowledge by attending International workshops and conventions. Possesses a great deal of experience motivating and energizing group classes.

Jackie Pau

Jackie combines different modalities such as Core Balance, TRX, Core Barre, Body Rolling and reflexology when she teaches in order that clients receive a holistic approach to exercise and walk out of a class feeling better. Her curiosity in understanding how to body works leads her to take up different courses to constantly improve her skills. Jackie is also freelance writer.

Katherin Saoud

After 4 years of practicing Pilates, Katherin enrolled in the Pilates & Studio Fit in Sao Paulo, Brazil. She trained at stott Pilates in Sao Paulo in 2010 and Pilates Academy International by Option Studio Singapore 2013. She obtained her Certified Pilates Instructor in All Population Mat and in Anatomy, Biomechanics & Posture review in June 2014.

Eric Mendoza

Eric is a certified STOTT PILATES. A certified Integrated Functional Fitness Trainer for General fitness to Rehab to athletes. He is also a certified Personal Trainer and Suspend Workout Trainer.

Eugena Bey

Eugena is a dance graduate from Nanyang Academy of Fine Arts (NAFA), and has performed for several major events such as, Esplanade's Da:ns Festival and NAFA's annual diploma showcase – Crossings. Prior to beginning her career as a Pilates instructor, Eugena was also dancing for a local contemporary dance company, Re:Dance Theatre. Eugena has been practicing Pilates since the age of 16, and is a certified PAI Mat, Reformer, and Smart Movement (Core barre, Core reformer) instructor.

Jenny O'Malley

Jenny started doing Pilates 10 years ago, but it was pregnancy that led her on her journey of becoming a Pilates Instructor. She has been trained by Options Studio, Singapore. She is certified under the New York based Pilates Academy International (PAI) in Mat, Reformer, Chair, Cadillac, and Barrel and Post Rehab. She also earned her certification in Pre & Postnatal Pilates by the Center for Women's Fitness, as well as, Core Reform. She is very enthusiastic, positive and has a good rapport with her clients. With her background she is always ready to help all her clients on their fitness journey, whether through rehab, functional Pilates, or just an all-around feel good workout.

- Please refrain from wearing strong fragrances at the studio.
- All first time visitors to any class should arrive 15 minutes early to complete the assessment forms.
- If you are late and have missed the warm-up for your group class, for your safety, you must do sufficient warm-up on your own before following the rest of the class.
- Please respect the wishes of others and their desire to experience Pilates in a calm, focused atmosphere. Make sure your noise level does not disturb others.
- Please switch phones to silent or vibrate mode.
- For hygiene purposes, please wipe down the equipment after use and spray with disinfectant.
- We ask that you refrain from bringing young children with you, as there is no way for them to be adequately supervised while you are exercising. Junior Members are welcomed to attend these classes.

- For all classes, please wear comfortable exercise clothing such as fitted shorts, vests or t-shirts. Shorts are ideal as they allow our instructors to easily check your knee placement, but leggings are fine too.
- Clean socks are required. Socks with grips are ideal. Socks with separate toes are recommended as they allow proper movement of the toes which are essential for balance and grip.