

Pilates Studio

at The Club

www.amclub.org.sg

Pilates Studio: 6739-4465

Sports Counter: 67394312

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 PILATES™ 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 PILATES™ 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
<p>All classes subject to availability</p> <ul style="list-style-type: none"> . 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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GROUP EQUIPMENT CLASSES	<p>Mat and Reformer Fusion: bring together the benefits of the Mat and Reformer repertoire and provide a wide spectrum of exercises that will target not just your core, but also tone your arms, thighs and legs. Be prepared to be challenged in your coordination, body awareness and strength.</p> <p>Mat and Reformer Circuit Training : will get to try bodyweight exercises on the stability chair, functional work on the tower that will work your arms, legs and core simultaneously, challenge your spinal strength and mobility on the barrel, and much more!</p> <p>Power Reformer - Everything you can do on a reformer that builds strength and flexibility.</p>	<p>Sculpt and Strength: Reformer classes aimed at toning and shaping without building bulk.</p> <p>Reform Butt and Thighs: Pre-choreographed modern adaptation of traditional Pilates designed specially to strengthen butt and thighs.</p> <p>Jumpboard Toning: Cardio workout on the reformer that builds your core while emphasising leg work.</p> <p>Reformer - Pure reformer workouts for those who love spring resistance.</p>
	<p><i>Pre/Post-Natal class is available upon request. Please check with the instructor.</i></p>	

INTRUCTOR PROFILES	<p>Annie Agoncillo Senior Pilates Trainer. Fully Certified STOTT PILATES Instructor and Certified Integrated Functional Fitness Trainer for General fitness to Rehab. She has been teaching Pilates since 2004, a certified Yoga Teacher and Les Mills trained instructor. Annie is also certified in nuerokinetic therapy level 1, anatomy trains and jungle sports. Frequently updating her knowledge by attending International workshops and conventions. Possesses a great deal of experience motivating and energizing group classes.</p>	<p>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.</p>
	<p>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.</p>	<p>Lisa Davern After moving from Australia in 2013, Lisa received her certification through the PAI method of Pilates in Singapore, while currently training back home in Australia to expand her knowledge and build complimentary certifications alongside the PAI modules (Anatomy & Biomechanics, Mat, Reformer, Chair, Cadillac and Barrel). Lisa other credentials include Studio Pilates International – Australia (Matwork 1, Anatomy, Biomechanics and Posture Analysis. Prenatal and Postnatal as well as Jungle Sports Physio Educative 1 Instructor.</p>
	<p>Felicia Cher A former dance instructor, Felicia decided to take a leap of faith and dive into Pilates instructor training without any expectations and feel in love with it. Felicia is then certified STOTT Pilates Mat & Reformer, Functional Anatomy. Today, she has carved a career in Pilates where she has helped many clients recover from their injuries and/or achieve their fitness goals. Felicia areas of expertise are Group Reformer, Pilates for Fitness and Pilates for Women.</p>	<p>Alvan Chan Alvan is a qualified Ron Fletcher Pilates instructor, Mat Pilates Academy international, certified Personal Trainer and sport massage therapist with more than 10 years' experience. He is passionate about imparting Pilates techniques to improve his student's posture, muscle tone and provide rehabilitation for injury. He always encourage his students to incorporate physical activities into their lifestyle.</p>
	<p>Kimberley Lim Kimberley studied Pilates under Pilates Academy International and is now fully certified teacher. With a background in personal training and teaching in groups, Kimberley helps not only athletes but people who are interested in Pilates. Her specialty includes pre/post rehabilitation, pre/post natal Pilates, TRX group suspension and Sports Massage Australia.</p>	<p>Melissa Pascual Melissa studied Pilates under Pilates Academy International which includes Mat, Reformer, Cadillac, Chair and Barrels. She attained her full certification for level year 1 on 2016 and level 2 in Mat on 2017. She helps her client with their injuries and has also further her knowledge by taking courses like myofascial release, pre/post natal rehabilitation, pre/post natal Pilates and Pilates for seniors.</p>

STUDIO ETIQUETTE	<p><i>Please refrain from wearing strong fragrances at the studio.</i></p> <ul style="list-style-type: none"> . 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. 	ATTIRE	<ul style="list-style-type: none"> . 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.
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