

## CONTEMPORARY, EFFECTIVE CORE WORK



This contemporary approach to core work is sometimes referred to as “Intelligence In Motion”. It makes sense. Core muscles include every muscle below your shoulders and above your knees. Key features of Pilates Reformer workouts include:

1. A focus on decelerating the flat carriage you either lie, stand or kneel on.
2. Improving interdependence as each side of the body encounters resistance. This allows the nervous system to respond to movement and engages the core, as well as enhancing the stamina of core muscles
3. Creating simultaneous demands on opposing muscle groups for active range of motion
4. Multi joint, “Symphonic” movement for efficiency of movement.

## ISHMAN BODYCARE CENTER & INSTITUTE

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## Pilates Reformer Sessions



**(630) 355-5125**  
or **(888) 395-7140**

**Online Scheduling at**  
**[ibodycare.com](http://ibodycare.com)**

# PILATES REFORMER SESSIONS AT ISHMAN BODYCARE CENTER



## ABOUT PILATES

With a focus on core stability, including shoulder and pelvic stability, neutral alignment and breathing, pilates also helps restore natural curves of the spine, balance in strength, tension relief, flexibility and enhances self-confidence. Enjoy a balanced and aligned body that looks fit, feels vital and moves with ease!

## PRINCIPLES OF PILATES

- Balance
- Breath
- Purpose
- Progression
- Fluid Coordinated
- Movement / Flow

## OUR RECOMMENDATIONS

“Pilates on the Reformer helped me strengthen muscles that have been weak for years from scoliosis. After 4 sessions over two weeks, I noticed I was standing straighter, shoulders back with no effort and no muscle fatigue. After two months, I could tell I walked differently – my stride was smoother, straighter and longer. Allison helped me strengthen specific back muscles to take the strain off my shoulders and neck, and also how to use them when lifting, which has benefited me when I garden.

I have greater flexibility through my lumbar vertebra after working for a few months to have proper form on a pelvic “levitation” exercise. It’s encouraging to see progress every month or so in what I am able to do on the Reformer.”

—Carole, Naperville

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## PILATES REFORMER PRICE LIST

Free Introductory Session 30-45 minutes	<b>FREE</b>
Individual Pilates Session	<b>\$55</b>
Introductory Package of 3 40-45 minute sessions	<b>\$150</b>
Package of Six Save \$30	<b>\$300</b>
Package of Twelve Save \$60	<b>\$600</b>
Package of Eighteen Save \$90	<b>\$900</b>
Postural Assessment and Custom Stretching Session	<b>\$86</b>

## PILATES REFORMER AND MASSAGE THERAPY COMBO PRICE LIST

Combo packages are designed to provide one therapy and one Pilates Reformer session per week, or one therapy session in the first week, and one Pilates Reformer session in the following week, alternating weeks.

Combo Six Three Therapy Three Pilates Reformerp	<b>\$400</b>
Combo Twelve Six Therapy Six Pilates Reformer	<b>\$790 SAVE \$56</b>
Combo Eighteen Nine Therapy Nine Pilates Reformer	<b>\$1170 SAVE \$99</b>