

PILATES at DSD

What is Pilates? Pilates is a type of exercise that was developed in the 1920's by Joseph H. Pilates to improve flexibility and strengthen the entire body. Pilates focuses on the core postural muscles, which help keep the body balanced and provides support for the spine. It integrates the mind and the muscles – without necessarily sweating or building bulk. Pilates is more of a resistance exercise than cardio (unless the class is specifically designed to include cardio benefits), and a great deal of emphasis is placed on proper form while performing the exercises. It is this focused muscle control that delivers results and usually delivers them in less time than other forms of exercise. The difference between Yoga and Pilates is that Yoga requires moving from one static posture to the next, while Pilates flows through a series of movement that are more dynamic, systematic, and anatomically based.

Benefits:

- Core strength and stability
- Longer, leaner muscles
- Flexibility
- Improved balance, coordination and circulation
- Improved posture
- Injury prevention – by correcting posture
- Enhanced performance in sports such as golf, skiing and skating, etc.
- Enhanced performance in dance, gymnastics and other expressive arts
- Heightened mind-body awareness
- No impact – easy on joints
- Increased lung capacity through deep, healthy breathing

The balance and control you learn in Pilates spills over into other areas of your life. Therefore, it can increase self-confidence and enable you to do anything with ease and grace. Additionally, Pilates can be customized to suit everyone from rehab patients to elite athletics.

Private Lessons – A Private Lesson is a one-on-one exercise session focused on your needs and wants. Exercises can be modified to accommodate certain injuries and any weaknesses or imbalances you may have. Exercises can also be modified to make your workout more challenging.

Duets – Duet classes allow you to work out with a friend or relative. They are more focused on individual needs and wants than a group class and can be more easily modified for the participants than in a group class.

Mat Class – Mat Classes consist of exercises performed on the floor/mat using your body weight and certain other props as resistance. You can get an effective, full-body workout doing Mat exercises.

Reformer Class – A Reformer is a spring-loaded piece of equipment. It is a carriage on a rectangular wooden platform that connects to weighted springs, and pulleys and ropes are attached to the frame. A person uses his or her own resistance, in addition to the resistance provided by the springs, to perform exercises.

Pricing

Group Mat class - pay by the month \$40 per month

Reformer Class - pay by the month \$60 per month (limit 3 students per class)

One Hour Private - \$60 per class: 6 classes \$336 or \$56 per class: 12 classes \$624 or \$52 per class

Duet Classes - (semi-private instruction)- \$40 per class: 6 classes \$216 or \$36 per class:
12 classes \$384 or \$32 per class



DEBORAH'S STAGE DOOR CENTER FOR THE PERFORMING ARTS

PILATES REGISTRATION FORM – 2009-2010

1655 W. Hamlin. - Rochester Hills, Mi. 48309

248-852-8133

Sharon M. Wilson – Pilates Instructor

Sharon is certified in Stott Pilates and has extensive teaching experience. She is excited to join the staff at DSD and work with our students and parents. "I strongly believe that being involved in the arts saves children, it instills a need to strive for excellence that will help them succeed throughout their entire lives. I look forward to the chance to plant some seeds and cultivate them into something at DSD."

CLASSES BEGIN ON SEPTEMBER 14, 2009.

Please fill out and return this registration form with a \$12.00 non-refundable registration fee per student.

Student's

Name _____

Address _____ City _____ Zip _____

Code _____

Parent's

Names _____

Home Phone _____ Work Phone _____

Pager/Cell _____

E-Mail

Address _____

Birthdate _____ Age _____ Grade _____

CLASSES TO BE TAKEN: 

Day _____ Time _____ Class Type _____

Day _____ Time _____ Class Type _____

FALL CLASS FEES** ARE AS FOLLOWS: Please circle the payment you are choosing. 

Group Mat class - pay by the month \$40 per month

Reformer Class - pay by the month \$60 per month (limit 3 students per class)

One Hour Private - \$60 per class: 6 classes \$336 or \$56 per class: 12 classes \$624 or \$52 per class

Duet Classes - (semi-private instruction)- \$40 per class: 6 classes \$216 or \$36 per class: 12 classes \$384 or \$32 per class

*All students and the parents/legal guardians are aware of possible physical injury that may occur during dance/gymnastic classes, performances, and/or rehearsals and are willing to assume those risks. It is agreed that students, and their parents/legal guardians will not hold Deborah's Stage Door, Inc. its directors, officers, and/or employees liable for injuries sustained while in attendance or while participating in any Deborah's Stage Door activity. We give our permission to Deborah's Stage Door, Inc. to use pictures and videos of our child for advertising purposes and to contact us through email at the address above – or an updated address that we have supplied to the studio office. I understand that I am responsible for all late fees incurred when any payments are not made on time.

Mother's Signature _____

Date _____

Father's Signature _____

Date _____

Student's Signature _____

Date _____

Registration Fee - \$12.00 Am't Pd. _____ Cash _____ Check # _____

Tuition Am't Pd. _____ Cash _____ Check # _____ **Payment:**

Mastercard ___ Visa ___ Credit Card Number _____ Exp. Date _____

Name of Cardholder(Please print) _____

Signature of Cardholder _____

A 3% administrative fee will be added to this credit card transaction.

Date Pd. _____ Rec'd by _____ On Comp. by _____

**** All tuition paid is non-refundable for any reason.**

Form/Comp2/Reg/09-10

Pilates Registration