



<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>
	8:00 Susan Level 1 Group Equipment	6:00 Jennifer Semi Private	8:00 Susan Level 1 Group Equipment	6:00 Jennifer Semi Private
9:00 Susan Level 3	9:00 Susan Private		9:00 Susan Level 3	
10:15 Susan Level 2 Group Equipment	10:15 Lisa Level 2 Group Equipment		10:15 Susan Group Mat Class (Studio A)	
11:30 Susan Private	11:30 Susan Private		11:30 Susan Private	
			3:15 Susan Teen Group Equipment Class	
			4:00 Lisa Private	
5:45 Lisa Private				

- The Sports Club of Novi is the only Pilates studio in the area with the ability to offer Cadillac classes.
- Schedule is subject to change, as needed.
- We will do our best to accommodate your busy schedule.
- Classes are by appointment only.
- Groups are paid monthly & privates are paid weekly.
- All instructors have a minimum of 5 years teaching experience.
- Mat Classes are included with your fitness membership. To add variety to your equipment classes your instructor may include all or some of the equipment in our private studio. (4 Reformers, 5 Cadillacs, 2 V2max Reformers, 2 Chairs and a Ladder Barrel)
- Please see brochure for additional information.

The Sports Club of Novi, 42500 Nick Lidstrom Dr, 48375
 Call or email Susan Shelton to schedule your free trial

248-840-9843

sjs.pilates@gmail.com
 www.tscnovi.com

The Pilates Team:

Our professional pilates instructors are among the most talented in the field. The ultimate goal is a healthier, stronger more flexible you! We are a key ingredient to your healthy lifestyle. Our dedicated and experienced instructors have guided their Pilates students to a healthier stronger life for over 12 years. We can customize a program for your specific needs in our quiet, private studio.

Kathi Butler (Hawraney), B.S., Pilates Director Certified in Pilates and Personal Training. Since 1984, thousands of clients have reached their goals and improved quality of life. Kathi combines her Pilates education, her vast experience and her sense of humor to teach how to move effectively and safely. She specializes in novice to advanced small group Pilates and post rehab private training. Skilled at adapting for different abilities, Kathi will challenge you! Fully Certified Pilates instructor with a Stott Specialty in Post Rehab Conditioning.

Fitness Member: Private \$71, Semi-private \$41, Triple \$34, Group \$27, 1/2 Hour \$44

Program Member: Private \$77, Semi-private \$46, Triple \$38, Group \$30, 1/2 Hour \$47

Susan Shelton - Stott Pilates Certified Instructor trained in Mat, Reformer, Cadillac, Chair and Barrels, as well as Injuries and Special Populations. Susan's certification in the MELT method has been an added benefit to her clients bringing them better movement and less pain while they work in Pilates and in everyday living. Contact Susan at sjs.pilates@gmail.com.

Fitness Member: Private \$71, Semi-private \$41, Triple \$34, Group \$27, 1/2 Hour \$44

Program Member: Private \$77, Semi-private \$46, Triple \$38, Group \$30, 1/2 Hour \$47

Lisa Verdejo, B.S. - Certified Pilates Instructor, applying Stott Pilates Method and Integrative Nutrition Health Coach. She is passionate about spinal mobility as she personally has overcome lower back injury. Lisa also focuses on alignment as she works with her clients to gain muscle and postural balance. See her in a group Reformer or Mat class, or arrange for a private session. Lisaverdejo.tsc@gmail.com.

Fitness Member: Private \$64, Semi-private \$40, Triple \$33, Group \$27, 1/2 Hour \$42

Program Member: Private \$70, Semi-private \$45, Triple \$37, Group \$30, 1/2 Hour \$48

Jennifer Lorelli, B.S., MPT. Jennifer is a Stott Certified Pilates Instructor with a B.S. from the University of Notre Dame and a Masters of Physical Therapy degree at Wayne State. She is experienced teaching mat and equipment Pilates in both a rehab and post rehab setting.

Fitness Member: Private \$71, Semi-private \$41, Triple \$34, Group \$27, 1/2 Hour \$44

Program Member: Private \$77, Semi-private \$46, Triple \$38, Group \$30, 1/2 Hour \$47

Three Reasons for Better Pilates*

- 1 - Complimentary trial*. Try us and compare! A \$60 value.**
- 2 - Private Equipment Sessions* \$109 (save up to \$45)**
- 3 - 2 - Group Classes and 2 Private Sessions* \$119 (save up to \$95)**

Join The Club.



42500 Nick Lidstrom Drive
Novi, MI 48375
248.735.8850 · tscnovi.com

*New clients only. Program membership required.



Looking For Better Pilates?
Join The Club.



Pilates provides fitness for all stages of life.

The Sports Club of Novi's Pilates program can help you reach your true potential and improve your life. We provide the tools, encouragement and compassion to achieve and exceed your goals.

We believe you deserve a small class and the personal attention that comes with it. In our small class setting your instructor will provide necessary corrections in your form to achieve optimum results. Pilates is about controlled movement executed with physical precision. Our average class size is three students with a maximum of five. Group classes are 60 minutes.

Here are your choices in Pilates equipment training:

1. Private Equipment Training*

Your customized movement plan is designed to achieve optimal results. It's all about you! Recommended for all post rehab clients and for those who prefer a more tailored workout.

2. Semi Private and Triple Equipment Training*

A great way to share your hour with one or two others.

3. Group Equipment Training*

OUR MOST POPULAR CHOICE...over 20 classes/week! A dynamic, head to toe conditioning class designed to challenge every student at every level. Three to five participants.

4. Flex & Tone*

30 minutes of flexibility and 45 minutes of muscular strength.
Thursday 8:15- 9:30 am.

Pilates Mat Classes now included in Fitness membership!

Classes are held in the Group Exercise studio.

Tues. 4:00 pm • Wed. 6:00 pm • Thurs. 10:30 am

How Do I Get Started?

1. Schedule a complimentary 40 minute trial and consultation with one of our highly skilled, certified instructors. Call Susan at 248-840-9043, to book your private session.
2. After your complimentary trial, you can continue your Pilates journey to the next step. Your instructor can help you choose one of the **“Three Reason Specials”** based on your goals, fitness level and budget.
3. Our staff can assist you in joining a group or you may continue with private training.

*Program membership required.



Looking for Better Pilates? Join The Club.

Pilates Optimum Health Team



Benefits of Pilates:

- Injury prevention
- Improved posture
- Better balance
- Long lean muscles
- Increased self esteem
- Enhanced athletic performance
- Effective post rehab
- Heightened mind body awareness
- Relief from back pain
- Loosen stiff joints
- Increase mobility
- Increase strength
- Increase core strength

Pilates Post Rehab:

- Osteoporosis
- Arthritis
- Herniated disc
- Sciatica
- Scoliosis
- Spinal stenosis
- Kyphosis/posture issues
- Knee injuries/replacement
- Rotator cuff
- Breast cancer
- Parkinsons
- Plantar Faciatis

Pilates Class Information

- Shorter classes can be arranged to suit you
- Free Day Care is available
- No long term commitments
- Clients reserve their spot by prepaying monthly
- A program membership is required to participate in Pilates equipment training (only \$75 for the year)