



## ABOUT PILATES

Pilates can help to improve and maintain overall physical health while also assisting with the mind body connection. Use of the reformer will build a strong core by supporting and strengthening the muscles of the torso, hips, shoulders and pelvis.

Our instructors approach the body as an integrated whole, focusing on mindful controlled movements that result in increased strength, length and flexibility.

## IN THE STUDIO

Group Personal Training information can be found on flyers & our website.

*Members must be cleared to use the reformers by an AHC Pilates Instructor to independently use the reformers during open studio time.*

*The number of sessions necessary to be cleared will vary person to person.*



## STUDIO SIGN UP & INFO

### SIGN UP FOR REFORMER CLASSES:

Contact Instructors directly.

### QUESTIONS & INFORMATION:

Assistant General Manager Sue Freyer  
707.521.2491 | [suef@airportclub.com](mailto:suef@airportclub.com)

## CONTACT THE CLUB

Phone: 707.528.2582

Website: [Airportclub.com](http://Airportclub.com)

## FOLLOW US ON SOCIAL MEDIA

 @airport\_club

 @airporthealthclub



# REFORMER PILATES

[WWW.AIRPORTCLUB.COM](http://WWW.AIRPORTCLUB.COM)

# OUR PILATES TRAINERS

## AMY WAGNER

Amy received her Comprehensive Balanced Body Pilates Certification and mentoring through Gwen Miller, Master Pilates Instructor. She is a Certified Personal Trainer through the American Council on Exercise. Amy is a firm believer in the core principles of Pilates and incorporates these principles in her sessions which welcome all levels of participants.

**Contact Amy: 707.799.9576 | amyw@airportclub.com**

## ALICE RIME

Alice has been in the fitness industry for 30 years. She has acquired Pilates certifications through Balanced Body and Leslie Bender. In addition, she is certified with the Athletics and Fitness Association of America and ACE, as well as TRX and Zumba certified.

**Contact Alice: 707.975.1542 | alicer@airportclub.com**

## CATHERINE DAVIS

Catherine is an ACE Certified Personal Trainer, USA Swim Coach, and Certified Pilates Instructor. Catherine has been swimming competitively since age 8 and has experience working with triathletes preparing them for Ironman Championships. She's a strong believer in mind body health and welcomes all levels to her trainings.

**Contact Catherine: 707.291.5148**

## DAHDRI MCCORMICK

Dahdri is a NASM Certified Personal Trainer as well as a Pilates Mat and Reformer certified trainer from the Physical Mind Institute with over 40 years' experience in the health and fitness industry. Dahdri specializes in core & balance training and enjoys working with populations of all fitness levels and needs.

**Contact Dahdri: dahdrim@airportclub.com**

## GWEN MILLER

Gwen has extensive training and experience in alleviating back pain through corrective and postural exercise for spinal pathologies, including osteoporosis, scoliosis, and disc derangements. Gwen's background as a C.H.E.K Practitioner, PMA certified Comprehensive Pilates Instructor, NASM-OPT Personal Trainer, Yoga for Scoliosis® Teacher, one of 14 worldwide Authorized Scolio-Pilates® Trainers, and E-RYT 200 Yoga Instructor gives her a unique perspective on seeing the changes in the body, and bringing them back into optimal alignment.

**Contact Gwen: 707.486.5642 | gwenm@airportclub.com**

## KRISTEN ARKUSH

Kristen completed her Comprehensive Pilates Training and mentoring with Gwen Miller, Balanced Body Pilates Faculty and Master Pilates Instructor. She is professionally trained as a biology scientist and spent over 20 years in that industry. She took a career break to focus on young twins and discovered the value of Pilates training in her own health and well-being. She hopes to inspire that same love of Pilates within her clients in a welcoming environment for all fitness levels.

**Contact Kristen: 415.334.0113 | kristen@airportclub.com**

## MICHAEL MELCHOR

Michael has been a Personal Trainer since graduating from U.C Santa Barbara in 2004. He has earned multiple nationally recognized certificates including NASM, AFAA and ACE, and specializes in post-rehabilitative and preventative exercise programming. During the summer months he enjoys backpacking, hiking and almost any activity in or around water.

**Contact Michael: 707.521.2436 | mikem@airportclub.com**

## MICHAEL WONG

Michael is a NASM Certified Personal Trainer, Level 2 Certified Archery coach, and has completed his Comprehensive Balanced Body Pilates Certification. The use of the Reformer, Chair, and Trapeze has allowed him to be creative when planning workouts for a variety of clients, from teens to seniors.

**Contact Michael: 707.291.5229 | michaelw@airportclub.com**

## SHANNON DEMANGE

Shannon is a Balanced Body Comprehensive Pilates Instructor with decades of dance instruction and performance. She implements strengthening, stretching, and stamina, as well as restorative, functional, and performative enhancement techniques. Shannon is equipped with a Balanced Body Comprehensive Pilates Instructor Certification, The Stretching Institute Stretch Coach Certification, Dance Mastery Certification, HG Muscle Fascial Maneuvers Lifestyle Artist, and The Dynamic Spine Modules with Master Pilates Instructor Gwen Miller.

**Contact Shannon: 707.570.5157 | shannond@airportclub.com**

# OUR FEES

## 30 Minute Private Sessions

Single 1/2 hour private session	\$58.00
5 1/2 hr private sessions	\$278.00
10 1/2 hr private sessions	\$527.00
20 1/2 hr private sessions	\$984.00

## One Hour Private Sessions

Single private session	\$82.00
5 private sessions	\$399.00
10 private sessions	\$754.00

## Semi-Private Sessions (2 people)

1/2 hour semi-private session	\$29.00
45 min. semi-private	\$35.00
1 hour semi-private session	\$41.00

*Price is per person. Packages can be purchased in any quantity.*

## GROUP PERSONAL TRAINING

Our fitness trainers are experienced in how to maximize your workout in a group. Group trainings range from a minimum of three to a maximum of eight participants. Have fun, workout, and meet new people.

## Group Personal Training (3-8 people)

1/2 hour session	\$14.00
45 min. session	\$20.00
1 hour session	\$25.00

*Price is per person.*