

Our Mission

To bring a form of exercise to our clients that will best improve their body awareness, state of well-being, and quality of life.

To take a more active role in the prevention of physical ailments.

To help our clients walk taller, breathe deeper, feel stronger, and move more freely throughout their daily lives.

To inspire and energize.



Richard Bader

Pilates & Wellness

Richard Bader Pilates and Wellness
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Class Descriptions

Introductory Session: It is highly recommended that you begin with this session regardless of your level of past experience. This session is 50 minutes in length and you will be spending one on one time with a Certified Pilates Instructor. This is a time when you can discuss any past medical history or concerns with the instructor and choose a Pilates class or program that is appropriate and safe for you. Time will be spent learning and performing the principles and foundations of Pilates, which are a necessity when entering a class setting for the first time.

Mat Classes: This session is 50 minutes in length and limited to 10 participants. This class is more appropriately viewed as group personal training. During the class the instructor will supervise and provide verbal and manual feedback to help the participants perform the exercises correctly and safely. We offer 4-week beginner mat sessions for those who have not experienced Pilates before.

Reformer Classes: This session is 50 minutes in length and limited to 3 participants. Exercises are primarily performed on the Allegro Reformer. During the class the instructor will supervise and provide verbal and manual feedback to help the participants perform the exercises correctly and safely.

Private Sessions: A one on one setting that addresses the participant's individual needs. In a private session a Pilates-certified personal trainer will work to design and initiate a program specific for the client. This program can be designed to condition the client for sport-specific interests such as golfing, tennis, equestrian, dance, gymnastics, and many other activities. A private session is also safe and effective for someone who is recovering from an injury and has finished the appropriate rehabilitation or someone who suffers from a chronic condition and has been cleared by their doctor to exercise. Each session is 50 minutes in length and will utilize the Pilates apparatus; the Reformer, the Tower, the Chair, and many other small props.

Semi-private Session: A nice opportunity for friends, spouses, or family to exercise together. A semi-private session is very similar to a personal training session except two bodies and interests must now be considered when building the exercise program.

Specialized Evaluation: Performed by a physical therapist certified in Pilates. Time will be spent assessing postural and movement abnormalities, as well as musculoskeletal imbalances and weaknesses that may be present in your body. Once these are identified, a Pilates exercise program can be developed to address them.

Nutrition Seminar: A one-hour class that provides the participants with information about proper nutrition.

Starter Package: Our recommendation for a safe and effective way to first experience Pilates and initiate your journey to better health.

Specialized Classes: We offer Pilates for Golf, Pilates For Equestrians, Mommy and Me, Pre-natal, and Pilates for Men specialized classes. These classes are developed to strengthen and condition these specific populations. Classes will be four weeks in length and will meet two times each week. Look for future advertisements to see when they will be offered.

Pilates Silver Member: Many people decide to continue Pilates long-term once they experience it. This is our way of supporting you to continue to make wellness a priority in your life. Participants will achieve Silver Member status when they have consistently attended classes at Richard Bader Pilates and Wellness for one year. At that point they will receive a 5% discount on all future purchases of classes and merchandise.

Pilates Gold Member: Members will achieve this status after two years of consistent attendance and will receive a 15 % discount on all future purchases of classes and merchandise.

Pricing

Introductory session (one time only) = \$50

Mat Class = \$15

10 Mat Class Package = \$120

4-week beginner series = \$96

Equipment Class = \$30

10 Equipment Class Package = \$280

Private Session = \$65

5 Private Package (\$60 each)

10 Private Package (\$55 each)

Semi-Private Session (2 people) = \$40 pp

5 Semi-Private Package = \$175 (\$35 pp)

10 Semi-Private Package = \$300 (\$30 pp)

Specialized Evaluation = \$95

Nutrition Class = \$20 per person

Starter Package (One time only) = \$200

Includes: Introductory Session
5 Mat Classes
5 Reformer Classes
1 Nutrition Seminar

Specialized Class Series (4 weeks/twice a week and special gift) = \$225

Pilates Silver Member: 5% discount

Pilates Gold Member: 15% discount

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