# Fall 2015 Dept. of Physical Medicine & Rehabilitation Pilates Classes

**Thursday, September 10th – Friday, December 18, 2015 (14 weeks)**

**NOTE: ALL PRICES ARE U OF M EMPLOYEE PRICES. Non-UM add $10.00**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| Before 9 a.m. | 8:30 – 9:30 a.m.  
Advanced Reformer  
(Sara Randazzo)  
$345 (14 classes)  
7:15 – 8:15 a.m.  
Beginner Mat  
(Sara Randazzo)  
$243 (14 classes)  
8:30 – 9:30 a.m.  
Intermediate Mat  
(Sara Randazzo)  
$243 (14 classes) | 7:15 – 8:15 a.m.  
Beginner Reformer  
(Sara Randazzo)  
$345 (14 classes) | 7:00 – 8:00 a.m.  
Advanced Beginner Mat  
(Randazzo)  
$243 (14 classes) | 7:00 – 8:00 a.m.  
Advanced Beginner Mat  
(Randazzo)  
$243 (14 classes) |
|               |                                             |                                              |                                             |                                             |                                             |
| 9 a.m.        | 9:45 – 10:45 a.m.  
Beginner Reformer  
(Sara Randazzo)  
$345 (14 classes) | 9:45 – 10:45 a.m.  
Advanced Beginner Mat  
(Sara Randazzo)  
$243 (14 classes) |                                             |                                             |                                             |
|               |                                             |                                              |                                             |                                             |                                             |
| 12:00 p.m.    |                                             |                                              |                                             |                                             | 12:15pm – 1:15pm  
Intermediate Reformer  
(Norma Berger)  
NEW!  
$345 (14 classes) |
| 5:30 p.m.     | 5:30 – 6:30 p.m.  
Beginner Reformer  
(Sharon Ostalecki)  
$345 (14 classes)  
5:30 – 6:30pm  
Adv. Beg. Reformer NEW!  
(Norma Berger)  
$345 (14 classes)  
5:30pm - 6:30p.m.  
Beginner Mat Pilates NEW!  
(Norma Berger)  
$243 (14 classes) |                                             |                                             |                                             |                                             |
| 6 - 7 p.m.    | 6:00 – 7:00p.m.  
Beginner Mat NEW!  
(Norma Berger)  
$243 (14 classes)  
6:45pm - 7:45p.m.  
Beginner Mat NEW!  
(Norma Berger)  
$243 (14 classes)  
6:45 - 7:45p.m.  
Reformer-All Levels NEW!  
(Norma Berger)  
$345 (14 classes) | 6:45pm - 7:45p.m.  
Beginner Mat NEW!  
(Norma Berger)  
$243 (14 classes) |                                             |                                             |                                             |

Holidays (classes do not meet):
- Thursday, November 26th, 2015 (Thanksgiving Day)
- Friday, November 27th, 2015 (Thanksgiving Day observed)

Reformer Prices – based on 15 weeks @ $380
Mat Class Prices – based on 15 weeks @ $260
EARLY BIRD REGISTRATION FOR ALL CURRENT PILATES CLASS PARTICIPANTS
The Department of Physical Medicine & Rehabilitation (PM&R)
University of Michigan Healthy System

Fall 2015
September 10 – December 18th, 2015 (14 weeks)

The University of Michigan M-Healthy Department provides on-line registration for all of PM&R Pilates classes for the Fall 2015 semester. Early bird on-line registration will begin 8am on Monday, July 27th for all current PM&R Pilates class participants for the Fall 2015 session. Classes start on Thursday, September 10th and end on Friday, December 18th, 2015. Classes will not meet on Thursday, November 26th or Friday, November 27th (Thanksgiving Day observed). Thursday and Friday classes will be made up on December 17th and December 18th. Prices will be pro-rated for any instructor pre-planned absences. Refer to MHealthy policies regarding makeup classes.

The early bird registration is Monday, July 27th for currently enrolled class participants only. You will have 1 WEEK to register before it opens up to the U of M community and public.

If you haven’t already, we HIGHLY recommend that you confirm your MHealthy on-line account before Monday, July 27th to ensure you have access. As with all M-Healthy classes they are first-come-first-serve. Please read policies concerning all classes on MHealthy’s website (see below) for more specific information. The Department of Physical Medicine & Rehabilitation follows all MHealthy policies when it comes to our Pilates classes.

Accessing your account and registration reminders:

1. Go to http://hr.umich.edu/mhealthy/programs/activity/classes/ to login. If you have problems logging into the site then contact MHealthy at 734-647-7888 or email at mhealthy@umich.edu. Please do not contact PM&R staff for registration help.

2. Search for a class by scrolling down to “PM&R (Spine) Exercise Classes” or putting the activity number in the search box on the left side of the page.

PM&R continues to partner with MHealthy in providing all on-line registration for our classes. We encourage you to subscribe to their e-mail notifications to remain informed of upcoming classes & events. Also, for all UM employees, MHealthy offers payroll deductions for most of its classes unless otherwise noted.