

Rebound Pilates is Here!

Sign up today! Call 647-0876 to schedule a private session or group class.

**SPECIAL
OFFER**

**\$99 for Three
Privates**

*Valid for new
clients only



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Rotation		Rotation		
8:00 AM		Mat		Mat		
9:00 AM		Reformer/Trap		Reformer/Trap	Reformer/Trap	Rotation
10:00 AM		Trap Table		Trap Table		Mat
11:00 AM						
12:00 PM	Mat	Reformer 1	Mat	Reformer 1	Mat	
1:00 PM					Reformer/Trap	
2:00 PM						
3:00 PM						
4:00 PM		Rotation		Rotation		
5:00 PM		Mat	Trap Table			
6:00 PM		Reformer 1				
7:00 PM				6:30 Reformer 1		

Class Descriptions:

Mat – Series of aerobic floor exercises performed in a specific order.

Reformer I – Introduction to Reformer work. This class will build strength, stability and flexibility.

Trap Table – Precise work to find and correct the imbalances in your body.

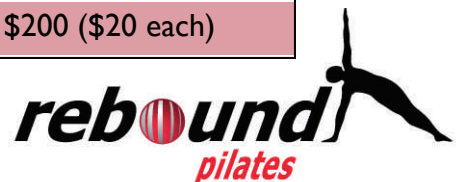
Reformer/Trap – Combination of both Reformer and Trap Table exercises.

Rotation – This is a Rotational Class. We will be using the Reformer, Trap Table, Chair and other auxiliary equipment.

Rebound Pilates Rates

FEE STRUCTURE	Single	5 Classes	10 Classes
Private	\$60	\$275 (\$55 each)	\$500 (\$50 each)
Duets (2 people)	\$45	\$200 (\$40 each)	\$350 (\$35 each)
Mat Classes	\$15	\$60 (\$12 each)	\$100 (\$10 each)
Equipment Classes	\$25	\$110 (\$22 each)	\$200 (\$20 each)

Pilates sessions may be purchased individually or in packages. All services must be paid for in advance. Packages are good for 6 months, they are not refundable, but they are transferable to another person upon request.



155 SW Century Dr. Bend, OR 97702
(541) 647-0876

rehab - fitness - performance

Rebound Pilates is Here!

Debby Bowen, Certified Pilates Instructor



Being a competitive athlete most of her life, Debby was naturally drawn to Pilates. She realized the importance of proper muscle balance and movement through her participation in rock climbing, hiking, running, cycling and skiing. The rehabilitative and preventative benefits of Pilates, in addition to it being a workout that can sculpt the body, made her an enthusiast. Debby received her certification through Core Dynamics Pilates under the direction of Michele Larsson and has been teaching since 2005.

Frequently Asked Questions

How do I begin? We encourage all new clients to begin with private sessions to familiarize oneself with the equipment, exercises and address the specific needs of your body. All sessions are 55 minutes.

What should I wear? Wear comfortable clothing that is unrestrictive. Shoes are checked at the door, socks are optional.

How big is a class? Class size is limited to three people in an equipment class or six people in a mat class, ensuring individualized attention.

How soon will I see results? Right away! After one session you will feel stronger from the inside out, more toned, and even taller. Joseph Pilates said, "After 10 sessions you will feel better. After 20 sessions you will look better. After 30 sessions you will have a completely new body."

How many times a week should I come? Like most activities, the more you are able to practice the greater the rewards. Joseph Pilates recommended 3-4 times per week.

Does insurance cover Pilates? Yes, it can depending on your insurance. Pilates is covered by most health plans if you have a physical dysfunction that has been diagnosed by a physician or if you have a self referral insurance option. You can make an appointment for an evaluation from a Physical Therapist at any Rebound Physical Therapy clinic. If the Physical Therapist determines that you need core stabilization work, then you are in the right place because Rebound Pilates is based on movement from a stable core. We are happy to look into your insurance for you if you are to provide us with your insurance information.

Do you offer free screenings?

Yes. In a 15-minute free consultation we will discuss what your needs are and how Pilates will benefit you.

What if I am in too much pain to perform the exercises?

There are thousands of Pilates exercises and each exercise can be modified down to the smallest movement. We are very gentle and move slowly depending on your feedback. Nothing we do in Pilates should create additional pain for you. If you are in a tremendous amount of pain Pilates may offer the relief you need.

What should I expect in my Pilates session?

Every session is customized to the individual's needs. If you looking for a really great workout or just looking to begin building some core strength and greater flexibility, Rebound Pilates has well qualified trainers to provide you with proper instruction.



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