

Harbor Fitness

Established in 1991 and with two locations in Brooklyn, Harbor Fitness is a full-service 24-hour fitness facility offering the latest fitness equipment in the industry today. We offer personal training, and over 100 group exercise classes weekly that include spinning, conditioning, dance, aerobics, kickboxing, zumba, Pilates and yoga..

Fiteenz

If you have a child age 12-16 they can participate in our classes for young people. Separate fees apply, please see our website or front desk for a schedule

Eat for Life

Our interactive on-line nutritional program allows you to access meal plans and more 24/7.

Original Tae Kwon-do

Please inquire about our original Tae Kwon-do program in Park Slope for children over 5. Separate fees apply.

Membership

We offer free 3 day passes if you would like to try our facility free of charge.

For more information, or for prices and a tour please stop into either location to see Brooklyn's best fitness facility..

Harbor Fitness Bay Ridge and Park Slope

Bay Ridge

9215 Fourth Avenue
Brooklyn, NY 11209

718-238-9400

Park Slope

191 15th Street
Brooklyn, NY 11215
(between 4th and 5th Avenues)

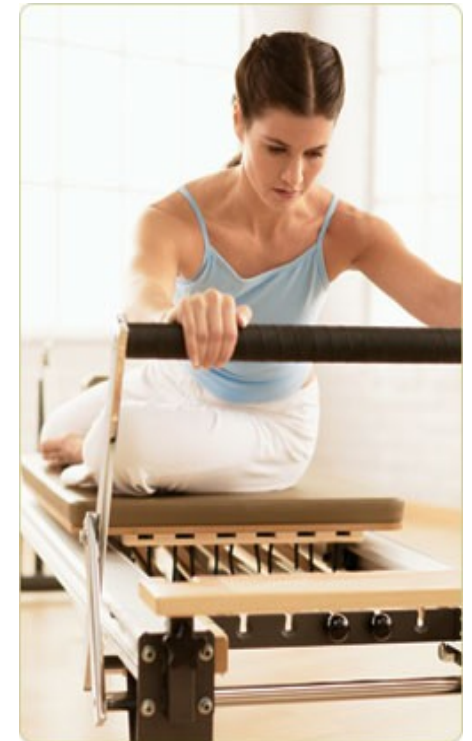
718-965-6200

www.harborfitness.com



Pilates Reformer Training

Utilizing the STOTT PILATES® Reformer



www.harborfitness.com



A healthy obsession

Pilates Reformer Training

Pilates reformer training is an exercise system that is designed to transform the way your body looks, feels and performs. You build strength, while creating a sleek, toned body. The reformer is an excellent form of exercise for all age groups and fitness levels, women and men. The majority of the exercises are non-impact, which makes this form of training safe and extremely effective.

People with all levels are encouraged to train on the reformer. Whether you have been doing Pilates mat classes and want a new challenge to add to your training, or you are new to Pilates and even new to working out, this training system is for you!

Pilatesstick

To enhance your experience, our Pilates training also includes the use of the revolutionary Pilatesstick, a wall mounted apparatus that continuously challenges your balance, and encourages maximum core involvement.

Training Prices

Introductory Package 3 Sessions for \$199 (one time purchase only)

One Session—\$79

Five Sessions—\$385

Ten Sessions—\$770

Twenty Sessions—\$1500

Sessions are one hour.

Please see one of our customer service representatives at the front desk to schedule your training sessions with one of our certified Pilates professionals.

30 Minute Sessions

Single Session	\$45
Five Sessions	\$220
Ten Sessions	\$430
Twenty Sessions	\$850

Benefits of Pilates Reformer Training

- Individualized training programs designed to meet your specific goals and needs.
- A safe, effective non-impact training good for both injury prevention and recovery.
- Reduces stress.
- Strong core development and relief from many kinds of back pain.
- Increased muscle flexibility.
- Improved coordination, posture and balance.
- A firmer, sleeker body in better shape.



“Training on the reformer changed my body shape-my legs became leaner and stronger”