



## PACKAGE & CLASS PRICING

### **Introductory Package**

1 Free Assessment	
3 Private Sessions	\$199

### **Private Sessions**

*Individual attention to specific requirements & goals*

1 Session	\$85
5 Sessions	(\$83) \$415
10 Sessions	(\$79) \$790
20 Sessions	(\$70) \$1400

### **Duet Sessions (2-3 People)**

*2 or 3 people working at the same level*

1 Session (per person)	\$55
5 Sessions	(\$52) \$260
10 Sessions	(\$50) \$500
20 Sessions	(\$45) \$900

### **Reformer Class**

*(3-8 people) choreographed movements based on Levels 1, 2 or 3*

1 Class	\$40
5 Classes	(\$36) \$180
10 Classes	(\$32) \$320
20 Classes	(\$30) \$600

### **Mat Class**

*Classic Pilates mat repertoire using balls, bands and magic circles*

1 Class	\$30
5 Classes	(\$25) \$125
10 Classes	(\$20) \$200
20 Classes	(\$18) \$360

### **Speciality Classes**

Circuit	\$35
Mat	\$35
Ballegore	\$35

\*\*\*Call for Seasonal Specials\*\*\*



## GROUP CLASS SCHEDULE

*revised August 2010*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am		Reformer 1-2		Reformer 1-2		Reformer 1-2
9:30am					Pilates Circuit	
10am						Ballecore
6pm	Mat Class	Reformer 1-2	Reformer 1	Jumpboard		

**MAT CLASS** - Classic Pilates repertoire done on the floor that focuses on strengthening the core muscles using the body's own natural resistance.

**REFORMER CLASS** - The Reformer is a spring-loaded piece of equipment that allows resistance and support in a smooth non-impact rhythmic manner. Class sizes range from 3-8 participants based on Levels 1, 2, and 3.

**PILATES CIRCUIT\*** - A total body workout using a variety of Pilates equipment as stations with multiple participants. \*Pre-requisite: 10+ private sessions- ability to be determined by instructor.

**JUMP-BOARD\*** - A plyometric class done on the Reformer with light resistance- excellent cardiovascular conditioning and core stability training. \*Pre-requisite: 10+ private sessions- ability to be determined by instructor.

**BALLECORE** - a 55 minute class composed and choreographed to inspiring music which seamlessly blends, Pilates, Ballet and Yoga.

**Please Note:**

- YOU MUST CALL TO RESERVE YOUR SPOT.
- All classes are to be paid in advance.
- All classes are conducted in a series of 5 weeks.
- All classes are 55 minutes in length -- please arrive 5 minutes beforehand.
- All classes are purchased with the intent of use or lose.
- A 24-hour cancellation is a courtesy in order to notify clients on the wait list.
- Classes are subject to change without notice.