



PILATES DEFINED

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:55	Combo Stacey			6:30-7:25	Combo Camille	6:30-7:25	Reformer Randy	6:00-6:55	Combo Stacey				
				7:30-8:25	Reformer Randy								
8:30-9:25	Reformer Randy	8:30-9:25	Combo Randy			8:30-9:25	Reformer Randy						
9:00-9:55	Combo Mary Pat	9:30-10:25	Combo Randy					9:00-9:55	Reformer Mary Pat	9:30-10:25	Combo Megan		
		10:30-11:25	Pilates for Men Randy			10:30-11:30	Advanced Combo Randy	10:00-10:55	Pilates Basics Mary Pat				
12:30-1:25	Jumpboard Randy			12:00-12:55	Jumpboard Randy			11:30-12:25	Gyrotonic Randy				
4:30-5:25	Combo Randy			3:30-4:25	Reformer Camille								

COMBO: Utilize a combination of Pilates apparatus and accessories for a well-rounded workout.

GYROTONIC®: An exercise modality that guides users to simultaneously stretch and strengthen muscles and tendons while also articulating and mobilizing the joints.

JUMP BOARD: Designed for athletic participants looking to challenge their core and get fit, this interval class will involve cardio along with conditioning and sculpting while utilizing the Pilates apparatus.

PILATES BASICS: This class will take you from beginner to intermediate exercises in the Classical Style of Pilates.

REFORMER: Incorporate all principles of Pilates as you stretch and strengthen for a full body workout.

Pilates Studio Policies:

*Pilates Defined Classes are available to CCAC Members and Guests

*Group Classes are registered for prior to session time through your Member Portal

*A minimum of (3) private sessions are required prior to Group participation. Group Class participation requires Instructor approval and may not be appropriate for all clients

*All sessions and packages have set expirations upon purchase

*24 Hour cancellation policy is adhered to for all sessions and appointments

Expiration	Single Session 30 days	6 Sessions 90 days	12 Sessions 180 days	24 Sessions 240 days
Member	\$75	\$420	\$780	
Non-Member	\$80	\$450	\$840	
Duo				
Member	\$46 per person	\$264 per person	\$480 per person	
Non-Member	\$48 per person	\$276 per person	\$504 per person	
Pilates Group				
Member	\$32	\$180	\$324	\$576
Non-Member	\$39	\$216	\$396	\$720
Gyrotonic Group				
Member	\$35	\$192	\$348	\$624
Non-Member	\$42	\$228	\$420	\$768

Member Promotion: 3 Private Pilates or Gyrotonic Session
- Promotions is a one time offer / 45 day expiration \$199

