

**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.

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