



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 Pilates Combo Sandy	8:30-9:25 Reformer Randy	8:30-9:30 Tower/Chair Sandy	8:30-9:25 Fundamentals Sandy	
9:00-9:55 Combo Mary Pat	9:30-10:25 Combo Randy	9:30-10:25 Tower/Chair Sandy	9:30-10:25 Reformer Randy	9:00-9:55 Reformer Mary Pat	9:30-10:25 Combo Megan	9:00-9:55 Combo Devon
10:00-10:55 Reformer Devon	10:30-11:25 Pilates for Men Randy	10:00-10:55 Reformer/Chair Devon	10:30-11:30 Advanced Combo Randy	10:00-10:55 Pilates Basics Mary Pat		
11:00-11:55 Pilates Basics Sandy		10:30-11:25 YAH Pilates Sandy	12:30-1:25 Reformer Lexy	11:30-12:25 Gyrotonic Randy		
12:30-1:25 Jumpboard Randy	4:00-4:55 Dance Reformer Devon	11:30-12:15 Fundamentals Sandy	4:00-4:55 Dance Reformer Devon	11:00-12:00 YAH Pilates Sandy		
4:30-5:25 Combo Randy	5:30-6:25 YAH Pilates Sandy	3:30-4:25 Reformer Camille	5:30-6:25 Fundamentals Sandy			
			6:30-7:30 Combo Sandy			

ADVANCED REFORMER: Discover another world of Pilates exercises on this amazing apparatus. Challenge your strength, full-body integration and stamina while staying true to Pilates principles. Try the Wednesday combo class and add the Chair for added challenge!

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

DANCE TECHNIQUE REFORMER: Whether you used to dance, aspire to dance or simply want to move like a dancer, this class is for you! A workout full of dance-specific exercises designed to take your strength and flexibility to dancer levels!

FUNDAMENTALS: Learn the basics of Pilates movements and how to use the apparatus appropriately. This class is required before taking other group classes

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

JUMPBOARD: 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.

TOWER/CHAIR: Utilize the mat, tower and chair in this challenging combo style class that is sure to strengthen and lengthen the entire body.

YAH PILATES: A special class designed specifically for the young at heart population

Pilates Studio Policies:

- *You must register for group classes PRIOR to session time through your Member Portal or the app
- *Attendance at a Fundamentals class (may be more than one) or Basics is required before joining a group class. 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

	Single Sessions	6 Sessions	12 Sessions
Member	\$75	\$420	\$780
Non-member	\$80	\$450	\$840
DUO			
Member	\$46/person	\$264/person	\$480/person
Non-member	\$48/person	\$276/person	\$504/person
Pilates Group			
Member	\$30	\$162	\$300
Non-member	\$32	\$174	\$324
Gyrotonic Group			
Member	\$30	\$162	\$300
Non-member	\$32	\$174	\$324