



PILATES DEFINED

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|-------------------------------------|-------------------------------------|
| | | 6:30-7:25 Combo Camille | 6:30-7:25 Reformer Randy | 6:00-6:55 Combo Amy | | |
| | | 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 | | 9:30-10:25 Reformer Randy | 10-10:55 Pilates Basics 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 | | 10:30-11:30 Combo Randy | 10:30-11:25 Gyrotonic Randy | | 10:00-10:55 Combo Lisa |
| 10:30-11:25 Pilates Basics Lisa | | | | 11:30-12:25 Gyrotonic Randy | | |
| 12:30-1:25 Jumpboard Randy | 4:00-4:55 Combo Devon | | | 11:00-11:55 Reformer Lisa | | |
| 4:30-5:25 Combo Randy | | 3:30-4:25 Reformer Camille | | | | |
| | | | 6:00-6:55 Combo Danielle | | | |

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.

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

PILATES FOR MEN: Come on guys..this one's for you! Learn movements developed by the man himself, Joseph 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.

Pilates Studio Policies:

*You must register for group classes PRIOR to session time through your Member Portal or the app

*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 |