



Private Apparatus Pilates Sessions

Private lessons are a unique training experience. They may be taken exclusively or combined with classes, allowing students to receive instant feedback and form correction, quickly advancing Pilates technique and enhancing results.

PRIVATE PILATES STUDIO SESSIONS

60-Minute Sessions

<i>Number of Sessions</i>	<i>Total Cost for Session Package</i>
1	\$95.00
5	\$475.00
10	\$950.00

DUET PILATES TRAINING SESSIONS

60-Minute Sessions

<i>Number of Sessions</i>	<i>Total Cost for Session Package</i>
1	\$125.00 (\$62.50/person)
5	\$625.00
10	\$1,250.00

**Sessions are \$62.50 per person.*

**Applicable taxes not included.*



PILATES REFORMER STUDIO OFFERINGS

GROUP	Pilates Fundamentals	\$180.00 5-week session + 1 Private Pilates Session	Learn the methods and benefits that Pilates can provide. Our five-week fundamental course is suitable for those new to Pilates, or those looking for a refresher. Each week you will focus on a different aspect of Pilates and build a repertoire of class exercises. <i>Includes a private Pilates session to be taken during the five-week period.</i>
	Level I & II	\$300.00 10-week session	Upon completion of the fundamentals course, begin to advance through our Levels classes. Build upon the movements previously introduced as you begin to see and feel the benefits of a regular Pilates practice. All Levels classes run in ten-week sessions.
	Drop-In Reformer	\$35.00/session <i>*All levels</i>	Drop-in reformer classes provide an opportunity to give Pilates a try before committing to a pre-registered session, or adds additional time to a current Pilates practice. All drop-in classes are taught at a beginner/intermediate level, so that we can welcome those at all stages of development. <i>*Due to limited space, pre-booking required.</i> <i>When drop-in class is taken when currently enrolled in a group Pilates class mentioned above, drop in rate is only \$30.00.</i>
PRIVATE	Private Pilates	\$95.00/session	Private lessons are a unique training experience. They may be taken exclusively or combined with classes, allowing students to receive instant feedback and form correction, quickly advancing Pilates technique and enhancing results.
	Duet Pilates	\$125.00/session	Duet sessions provide the opportunity for you and a companion to take Pilates together. Every session is personalized and structured to accommodate both of your abilities and fitness goals.
	Discover Pilates Package	\$340.00 4 sessions	Discover Pilates. Receive four private Pilates sessions with our special introductory offer. <i>*One time purchase per person</i>

*Applicable taxes not included.

“IN 10 SESSIONS YOU WILL FEEL THE DIFFERENCE. IN 20 YOU WILL SEE THE DIFFERENCE. AND IN 30, YOU’LL BE ON YOUR WAY TO HAVING A WHOLE NEW BODY.”

- JOSEPH PILATES