

Pilates Defined

Class Descriptions

BEGINNER/INTERMEDIATE/ADVANCED REFORMER: Most classes are taught in the “Classical” style of Pilates. Joseph Pilates created all the equipment to act as additional muscles to aid the body on its path to complete health and core strength. The Reformer accesses the weak or elusive areas of your body to uniformly create alignment, muscular balance, and aerobic flowing movement.

COMBO CHAIR/REFORMER/POLE/WALL UNIT: This class will utilize a combination of the apparatus available. Reformers, chairs, spine correctors and Pole/Wall Units may be used during class.

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

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

JUMP BOARD/PILATES: This interval class is designed for athletic participants looking to challenge their core and get fit. This class will involve cardio along with conditioning and sculpting while utilizing the Pilates apparatus.

REFORMER: For the student who is looking for an alternative to weight lifting. The Reformer spring tension will aid in creating long, lean muscles. This class will help engage and access all muscle groups to uniformly improve alignment, resulting in increased muscle performance, better coordination, and superior balance.

THREE INTRODUCTORY PRIVATE SESSIONS: A one-time offer for the new Pilates student to be introduced to Pilates and prepare for classes or continue with private lessons. **Member: \$170 Non-Member: \$180**

	Single Session	5 Sessions	10 Sessions
Expiration Dates	30 Days	90 Days	120 Days
Group			
Member	\$25	\$110	\$200
Non-Member	\$35	\$140	\$240
Duo			
Member	\$40 per person	\$190 per person	\$340 per person
Non-Member	\$45 per person	\$200 per person	\$360 per person
Trio			
Member	\$30 per person	\$140 per person	\$250 per person
Non-Member	\$33 per person	\$150 per person	\$280 per person
Private			
Member	\$70	\$325	\$600
Non-Member	\$75	\$340	\$650