



Pilates Reformer

Many FREE Pilates Reformer DEMOS available!
Inquire at the front desk!

Group Reformer Schedule

Each class is 55 minutes. Each class is limited to 6 students.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM Gina	7:00 AM Gina		7:00 AM Gina		
8:00 AM Karen		8:00 AM Karen		8:00 AM Gina	8:30 AM Christina P.
5:00 PM Gina		5:00 PM Gina		5:00 PM Stephanie	
7:00 PM Karen	7:00 PM Andrea	6:00 PM Gina	7:00 PM Gina		

Group Pilates Training rates are as follows:

- \$80 per month for 1 time a week guarantee
- \$120 per month for 2 times a week guaranteed
- \$160 per month for 3 times a week guaranteed

If you pay \$80/month, you are allowed to come up to twice per week if space is available, but those confirming 2-3 times/week do have priority.

Everyone will have their priority/confirmed spots based on the amount of classes they are paying for.

Please call the front desk to notify them if you are unable to make your scheduled class and to reschedule based on availability.

*Missed classes can only be made up within the CURRENT MONTH and only when space is available.

***Drop-ins are welcome for Group Pilates Classes on the printed schedule only and for a \$20 fee when space is available.

Group Reformer classes are limited to students who have completed at least 6 hours of training on the reformer, who have no specific injuries or physical limitations that require individualized attention, and who have been cleared by the instructor and Director to attend group reformer training.

INTERESTED IN PILATES?

GET A GROUP TOGETHER AND WE WILL TRAIN YOU TOGETHER AT A DISCOUNTED GROUP RATE!

Private & Semi-private training scheduled with an instructor at times convenient for participants and instructor are sold in 6-packs:

- \$96 per person w/six participants
- \$120 per person w/five participants
- \$150 per person w/four participants
- \$210 per person w/three participants
- \$300 per person w/two participants
- \$402 for private training.

Register for your session at the front desk. For more information please contact Karen Nelson at: 707 446 2250