

THE ULTIMATE PILATES EXPERIENCE MOVEMENT FOR LIFE FOR EVERY BODY

	Single	5-Pack	10-Pack	20-Pack
PILATES STUDIO GROUP REFORMER				
1-Hour Sessions	\$30	\$143.75	\$275	\$500
30-Minute Sessions	\$17.50	\$81.25	\$150	\$275
1-HOUR PILATES REFORMER TRAINING				
Private Reformer Training	\$75	\$362.50	\$700	\$1,350
Buddy Session (2 people) <small>Price shown is per person.</small>	\$47.50	\$231.25	\$450	\$875
Small Group (3-6 people) <small>Price shown is per person.</small>	\$38	\$183.75	\$355	\$685
30-MINUTE PILATES REFORMER TRAINING				
Private Reformer Training	\$50	\$237.50	\$450	\$850
Buddy Session (2 people) <small>Price shown is per person.</small>	\$35	\$168.75	\$325	\$625
Small Group (3-6 people) <small>Price shown is per person.</small>	\$25	\$118.75	\$225	\$425

BENEFITS OF PILATES STUDIO TRAINING

- > A safe, effective non-impact training good for all ages and fitness levels
- > Strong core development and relief from many kinds of back pain
- > Increased muscle flexibility and joint mobility
- > Improved coordination, posture and balance
- > Reduces stress

Individualized training programs designed to meet your specific goals and needs.

For more information, or to schedule your Private Training or Group Reformer, please call 707.251.1395 option 2.

