

**NEW CLIENT SPECIALS**

**MACHINE: 3 Private lessons • \$175      TRX: 3 TRX classes • \$60**

offers valid for NEW clients ONLY. ONE TIME USE ONLY

**PILATES MACHINE SESSIONS** by APPOINTMENT ONLY

24hr cancellation is **REQUIRED** for all machine sessions/classes • A full session fee will be charged for cancellations less than 24hrs  
All machine clients must have 1 evaluation session and at least 1 private session before attending any group pilates machine class  
Package rates must be used in determined period. *no exceptions. no refunds.*

sunday	monday	tuesday	wednesday	thursday	friday	saturday
9a PILATES MACHINE	9a PILATES MACHINE				9a PILATES MACHINE	9a PILATES MACHINE
		12:30p PILATES MACHINE		12:30p PILATES MACHINE		10a PILATES MACHINE
	6p PILATES MACHINE 7p PILATES MACHINE	6p PILATES MACHINE 7p PILATES MACHINE	6p PILATES MACHINE 7: TRX	7p PILATES MACHINE		10a TRX

**PILATES GROUP MACHINE** classes

\$38- single session	student/65+	\$ 32
\$180- 5 sessions		\$153
\$330-10 sessions		\$280
\$600-20 sessions		\$510

ALL SESSIONS ARE 55 MINUTES.      ALL SESSIONS EXPIRE 6 MONTHS AFTER DATE OF PURCHASE. NO EXCEPTIONS. NO REFUNDS.

**PILATES PRIVATE MACHINE** sessions

EVALUATION \$60	student/65+ \$51	includes posture analysis, flexibility test and Pilates Fundamentals
<b>PRIVATE</b>		
\$78 single session	student/65+	\$ 66
\$365 5 sessions		\$310
\$680 10 sessions		\$578
\$1260 20 sessions		\$1071
<b>SEMI PRIVATE</b>		
\$53 single session	student/65+	\$ 45
\$250 5 sessions		\$213
\$470 10 sessions		\$400
\$860 20 sessions		\$731

ALL SESSIONS ARE 55 MINUTES.      ALL SESSIONS EXPIRE 6 MONTHS AFTER DATE OF PURCHASE. NO EXCEPTIONS. NO REFUNDS.

**TRX** -A SPACE MUST BE RESERVED for TRX classes

\$ 27 single session	student/65+	\$ 23
\$125 5 sessions		\$106
\$230 10 sessions		\$196
\$400 20 sessions		\$340

ALL SESSIONS ARE 45 MINUTES.      ALL SESSIONS EXPIRE 6 MONTHS AFTER DATE OF PURCHASE. NO EXCEPTIONS. NO REFUNDS.

**Studio Hours:    9am-8pm Monday-Thursday • 9am-4pm Friday • 9am-1pm Saturday • 9a-12pm Sunday**  
**PAYMENT FOR ALL CLASSES/SESSIONS-CASH OR CHECK ONLY**