



Instructors:

Lisa Karger & Marcella Pannenburg

Reformer Drop-in Classes:

Mon 8 - 9am w/Marcella

Tues 10 -11am w/Marcella

Wed 10:30 - 11:30am w/Lisa

Thurs 10:30 w/Lisa

**Begin your Pilates journey
with us today.**

PILATES REFORMER TRAINING

**PRIVATE SESSIONS AND SMALL
GROUPS AVAILABLE**

Sign up for drop-in classes on your Kingsbury App
For more information reach out to Fitness Director,
Melissa Huntington - melissahkcm@gmail.com

The Reformer is a piece of equipment providing more variation and stabilization for Pilates exercises, assisting the participant better in reaching new heights of strength they may be unable to attain with simple matwork.

PRIVATE - 1 HOUR SESSION

	MEMBERS
SINGLE	\$90/SESSION
PACKAGE OF 4	\$340 (\$85/SESSION)
PACKAGE OF 8	\$640 (\$80/SESSION)

DUO - 1 HOUR SESSION

	MEMBERS
SINGLE	\$65/SESSION
PACKAGE OF 4	\$240 (\$60/SESSION)
PACKAGE OF 8	\$440 (\$55/SESSION)

TRIO - 1 HOUR SESSION

	MEMBERS
SINGLE	\$50/SESSION
PACKAGE OF 4	\$180 (\$45/SESSION)
PACKAGE OF 8	\$320 (\$40/SESSION)

SMALL GROUP TRAINING - 4 OR MORE

	MEMBERS
1X/WEEK FOR 8 WEEKS	\$240 (\$30/SESSION)
2X/WEEK FOR 8 WEEKS	\$200 (\$25/SESSION)

REFORMER DROP-IN CLASSES

	MEMBERS
MEMBER	\$42/SESSION
NON-MEMBER	\$50/SESSION