



**Instructors:**

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

**For more information reach out to  
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# **PILATES REFORMER TRAINING**

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)