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Winter Class Schedule:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8:00am Reformer Class		10:00am Reformer Class
12:15pm Fletcher Pilates Mat	12:30pm Reformer Class	12:15pm Fletcher Pilates Mat	12:30pm Reformer Class		11:00pm Fletcher Pilates Mat
6:30pm Pilates Intro: Reformer Class	6:00pm Fletcher Pilates Mat	5:30pm Fletcher Pilates Mat	6:00pm Fletcher Pilates Mat	4:30pm Reformer Class	12:00pm Pilates Intro: Mat Class
	7:00pm Reformer Class		7:00pm Reformer Class		
PRE-REGISTRATION REQUIRED FOR ALL CLASSES VIA PHONE/EMAIL					

Class Descriptions:

- FLETCHER PILATES MAT:** Traditional Pilates mat workout incorporating Fletcher breath, cues and at times Fletcher Towel and magic circle for arm and back work. Great full-body workout with special attention to the abs!
- FLETCHER PILATES FLOOR:** A departure from the traditional mat class, this is a full body workout which will take you in all different directions! You will utilize the full range of spinal mechanics which will re-energize your entire body!
- ROLL WITH PILATES:** A Pilates mat class which will begin with some muscle release utilizing Yamuna Body Rolling balls. In this class, we will loosen up the muscles, then put them to work!
- REFORMER CLASS:** This is a class on the Reformer, a piece of Pilates equipment, that uses springs to add resistance and assistance to your workout. You'll leave feeling longer and taller than ever before! This class requires pre-registration.

Price List:

GROUP MAT/FLOOR CLASSES (LIMITED TO 10 PEOPLE)	GROUP REFORMER CLASSES (LIMITED TO 4 PEOPLE)	DUETS	PRIVATE SESSIONS
\$20 single class	\$30 single class	\$45 single session/person	\$75 single session
\$90 for 5 class package	\$140 for 5 class package	\$215 for 5 session package	\$365 for 5 session package
\$150 for 10 class package	\$250 for 10 class package	\$400 for 10 session package	\$700 for 10 session package

Intro to Pilates Special:
 3 private sessions for \$150 (first time students only)

Please Keep In Mind:

- Please call to register for classes.
- Privates, duets & trios can be scheduled at any time.
- Class times are subject to change; please call to confirm.
- All classes and sessions are 55 minutes in length.
- All classes and sessions are non-refundable.
- 24 hours notice is required on all cancellations.

ALSO AVAILABLE: healing Reiki sessions—call for details!