

The Ultimate Pilates Experience

Movement for Life for Every Body



Pilates Reformer Training

Benefits:

- 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.

**Contact one of our Pilates Reformer Trainers for more information
or to schedule your training session or class.**

- **Kristi Jacobson 707.227.2365**
- **Onna Hadley 530-282-3163**
- **Nancy Healy 707.738.0936**
- **Kelly Renda 707.363.9517**

***Rates for Pilates Reformer Group Classes and
Pilates Reformer Private Training on reverse.**

Pilates Reformer Rates

Pilates Reformer Group Classes

1-HOUR CLASS:

Single class \$30.00
5-pk \$28.75 per class (\$143.75)
10-pk \$27.50 per class (\$275.00)
20-pk \$25.00 per class (\$500.00)

30-MINUTE CLASS:

Single class \$17.50
5-pk \$16.25 per class (\$81.25)
10-pk \$15.00 per class (\$150.00)
20-pk \$13.75 per class (\$275.00)

Pilates Reformer Training

1-HOUR TRAINING:

1-hour Private Reformer Training:

Single session \$75.00
5-pk \$72.50 per session (\$362.50)
10-pk \$70.00 per session (\$700.00)
20-ok \$67.50 per session (\$1,350.00)

1-Hour Buddy (2 people)*:

Single session \$47.50 per person
5-pk \$46.25 per session (\$231.25 pp)
10-pk \$45.00 per session (\$450.00 pp)
20-pk \$43.75 per person (\$875.00 pp)

1-Hour Small Group (3-6 people)*:

Single session \$38.00 per person
5-pk \$36.75 per session (\$183.75 pp)
10-pk \$35.50 per session (\$355.00 pp)
20-pk \$34.25 per session (\$685.00 pp)

30-MINUTE TRAINING:

30-minute Private Reformer Training:

Single session \$50.00
5-pk \$47.50 per session (\$237.50)
10-pk \$45.00 per session (\$450.00)
20-pk \$42.50 per session (\$850.00)

30-Minute Buddy (2 people)*:

Single session \$35.00 per person
5-pk \$33.75 per session (\$168.75 pp)
10-pk \$32.50 per session (\$325.00 pp)
20-pk \$31.25 per session (\$625.00 pp)

30-Minute Small Group (3-6 people)*:

Single Session \$25.00 per person
5-pk \$23.75 per session (\$118.75 pp)
10-pk \$22.50 per session (\$225.00 pp)
20-pk \$21.25 per session (\$425.00 pp)

*Rates are quoted pp = per person

**Full package payment is required
prior to attending classes or training.**

