

# 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**
- **Tamara Wiper (714) 875-9633**

**\*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)

\*Rates are quoted pp = per person

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

