group pilates SCHEDULE

group pilates rates		
PASS OPTION	MEMBER	GENERAL
Drop-In Pass*	$25	$40
5-Punch Pass*	$105	$160
10-Punch Pass*	$200	$300
1-Month Contract	$165	N/A
3-Month Contract	$155/month	N/A

*6-month expiration from purchase date

MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:15 AM Circuit-50	**8:15 AM** Sculpt-50	**8:15 AM** Strength*		**8:15 AM** Reform-50		
9:15 AM Circuit-50	**9:15 AM** Sculpt-50	**8:15 AM** Ref./Tower-50	**9:15 AM** Strength*	**9:15 AM** Reform-50	**9:15 AM** Sculpt-50	**9:15 AM** Restore-50
10:15 AM Circuit-50	**10:15 AM** Sculpt-50	**9:15 AM** Ref./Tower-50	**9:15 AM** Restore-50	**10:15 AM** Reform-50	**10:15 AM** Sculpt-50	**10:15 AM** Restore-50
	11:15 AM Sculpt-50	**10:15 AM** Ref./Tower-50	**10:15 AM** Restore-50	**11:15 AM** Reform-50	**11:15 AM** Sculpt-50	
	4:15 PM Restore-50	**4:15 PM** Reform-50	**11:30 AM** Circuit-50			
		5:15 PM Reform-50				

*Class will be held in Strength Studio

Reservations

Circuit-50 Focus from the inside out in this progressive class format. Each session has a unique goal which is defined and enhanced through props, tempo variations, proprioceptive settings. and breath attention. Commit to weekly progressions across each month for noticeable gains. Open to all levels.

Strength Add variation to your Pilates workout with a strength-based functional class. Develop strength, balance, cardio and core stability to engage muscle groups that compliment your everyday Pilates routine. Open to all levels.

Restore-50 Focus on somatics and body awareness through a continuous, mindful-flow sequence in this slower paced setting for postural alignment, breath sequencing, and active lengthening. All levels are welcome.

Refine-50 Learn and refine the basics of Pilates reformer and hone your skills for high-level practice. With a focus on safe and effective movement, this class is open to all levels and beginners.

Reform-50 Something for everyone! Variations and modifications will be offered so you can thrive while refining your Pilates practice. Enjoy props integration ranging from tower springs to mat work, jump board to arc, magic circle, and more. Move your body and mind through coordination in a range of settings. All levels welcome.

Reformer/Tower-50 Whether you're new to the Reformer/Tower or a seasoned practitioner, this class offers a balanced workout designed to challenge and empower you. Using both the Reformer and Tower, you'll work through a series of controlled movements that engage your core, enhance flexibility, and build strength.

Sculpt-50 This is an intermediate-level class with athletic exercises that will help take your Reformer repertoire to the next level. Keep things fresh with fun variations and props that will help lengthen and tone muscles, build stamina, and coordination.

POLICIES

No-shows for reservations will be charged $25

Late cancellations, less than 12 hours prior to class start, will be charged $10

Attendees more than 15 minutes late to class may forfeit their reservation

Passes will not be held or refunded