

PILATES *for* EVERY BODY

Group Classes September Schedule

ALL CLASSES REQUIRE A RESERVATION
Pilates (mat) & Yoga require a mat. You may bring your own or use a studio rental (\$2)

(schedule subject to change without notice.)

Thank you for letting us know your needs The schedule changes monthly and we continue to make those changes based on client feedback. Keep those emails coming!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	8:15-9:05 Pilates (equipment)		8:15-9:05 Pilates (equipment)	8:45-9:35 Pilates (equipment)	8:00-8:50 Pilates (equipment)	8:00-8:50 Pilates (equipment) 8:45-9:30 Barre Blast (Cardio Fitness -\$20)	8:45-9:30 Pilates (mat)
			9:15-10:05 Pilates (equipment)	9:45-10:30 Core Barre Dance Fitness (\$20/class)	9:30-10:15 Pilates (equipment)	9:00-9:50 Pilates (equipment)	9:45-10:30 Power Yoga
	9:30-10:20 Pilates (equipment)	9:45-10:35 Pilates (mat)	10:15-11:05 Pilates (equipment)	10:30-11:25 Pilates (equipment)	9:30-10:15 Yogilates (Pilates and Yoga)	10:00-10:50 Pilates (equipment)	10:45-11:35 Pilates (equipment)
	10:30-11:20 Pilates (equipment) 10:30-11:20 am * Pilates Circuit (\$30/class)			11:30-12:20 Pilates (equipment)		11:00-11:50 Pilates (equipment)	11:45-12:35 Pilates (equipment)
PM	3:30-4:20 Pilates (equipment)	4:00-4:50 Pilates (equipment)		4:00-4:50 Pilates (equipment)			
				5:00-5:45 Core Barre Dance Fitness (\$20/class)			
	6:30-7:20 Pilates (equipment)	6:00-6:50 Pilates (equipment)		6:00-6:45 Pilates (mat) 6:00-6:50 Pilates (equipment)			
		6:45-7:30 Barre Blast(CardioFitness) (\$20/class) 7:00-7:50 Pilates (equipment)	7:30-8:15 Power Yoga 7:30-8:20 *Pilates Jump Board (equip)	7:00-7:50 Pilates (equipment)			
	7:30-8:20 Pilates (equip.)	7:45-8:30 pm Yogalites (Yoga & Pilates)	8:30-9:15 Barre Blast (Cardio Fitness)(\$20/class)	7:30-8:15 Power Yoga			

Mat Class Fees | (Prices listed per person)
Includes Pilates (mat), New York City Ballet & Yoga Classes
Single Class - \$15
10 Block of Classes - \$120 (\$12 per Class)
Student Single Class Rate - \$12
Student 10 Block of Classes - \$100 (\$10 per Class)

Group Equipment Class Fees | 3 - 4 participants (Prices listed per person)
Includes Pilates Reformer, Half-trapeze, Springboard & small apparatus
Single Class - \$35
10 Block of Classes - \$270 (\$27 per Class)
20 Block of Classes - \$500 (\$25.00 per Class)
Student Single Class Rate - \$25
Student 10 Block of Classes - \$230 (\$23 per Class)
Note: yoga classes are 75 minutes; Pilates mat classes are 1 hour

Consultation & Assessment Session Fee \$50/45-minute session

* Means Advanced Class. Not recommended for individuals with back, neck or shoulder injuries.