

PILATES *for* EVERY BODY

June Class 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		8:15-9:05 Pilates	8:45-9:35 Pilates	8:00-8:50 Pilates	8:00-8:50 Pilates	
	9:30-10:20 Pilates		9:15-10:05 Pilates		9:30-10:20 Pilates	9:00-9:50 Pilates	
			10:15-11:05 Pilates	10:30-11:25 Pilates	10:30-11:20 Pilates	10:00-10:50 Pilates	
	10:30-11:20 Pilates <hr/> 10:30-11:20 * Pilates Circuit (\$30/class)			11:30-12:20 Pilates		11:00-11:50 Pilates	
PM	3:30-4:20 Pilates	4:00-4:50 Pilates		4:00-4:50 Pilates			
		6:00-6:50 Pilates		6:00-6:50 Pilates			
	6:30-7:20 Pilates <hr/> 7:30-8:20 Pilates	7:00-7:50 Pilates	6:30-7:30 Pilates <hr/> 7:30-8:20 *Pilates Jump Board	7:00-7:50 Pilates			

Mat Class Fees | (Prices listed per person)
Includes Pilates (mat), New York City Ballet & Yoga Classes
Single Class - \$15
10 Block of Classes - \$150 (\$15 per Class)
Student Single Class Rate - \$12
Student 10 Block of Classes - \$100 (\$10 per Class)

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

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 - \$280 (\$28 per Class)
20 Block of Classes - \$525 (\$26.25 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

342 Long Beach Road, Island Park | 516-992-0229

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