



Studio Rates & Class Schedule

Effective January 1, 2012. Prices and classes subject to change.

Group Class Schedule

Monday	
7:15 am	Pilates Express (45 min.)
6:00 pm	Reformer (55 min.)
Tuesday	
6:00 pm	Pilates for Beginners
7:30 pm	Cardio-Core Boot Camp
Wednesday	
6:30 am	Mat (45 min.)
7:15 am	Pilates Express (45 min.)
8:30 am	Reformer (55 min.)
6:30 pm	Mat/Tower/Reformer - Express (45 min.)
Thursday	
7:00 am	Pilates for Beginners (55 min.)
6:00 pm	Open Level Mat Class (55 min.)
7:30 pm	Cardio-Core Boot Camp (55 min.)
Friday	
7:15 am	Pilates Express (45 min.)
Saturday	
6:30 am	Pilates for Beginners (55 min.)
7:30 am	Tower Class (30 min.)
8:00 am	Mat (55 min.)
9:00 am	Reformer (55 min.)
9:30am	Cardio-Core Boot Camp (55 min.)
Sunday	
8:00 am	Mat/Tower (55 min.)

Group Class Rates - Pilates

	Single Class	Package of 10
Mat/Tower	\$30	\$250
Mat/Tower/Reformer – Express	\$22	\$200
Pilates Express	\$22	\$200
Mat & Beginners	\$20	\$170
Mat - Express	\$15	\$120
Fundamentals of Pilates Tech.	\$15	\$120
Tower	\$15	\$120

Group Class Rates – Boot Camp

	Drop In Rate	30 Day Unlimited Pass
Boot Camp	\$10	\$69

Private & Semi-Private Sessions

	Single Session	Package of		
		5	10	20
Private	\$70	\$325	\$600	\$1,100
Semi-Private	\$45	\$210	\$400	\$700

Private & Semi-Private Sessions with Michael Fritzke or Ton Voogt

	Single Session	Package of 10
Private	\$95*	\$750*
Semi-Private	\$55*	n/a

*Mixed use card excluded.

Mixed Use Card

A Mixed Use Cards (minimum of \$350) allows you to apply your funds toward any combination of classes or Pilates sessions. With a Mixed Use Card, you receive the applicable package discount (i.e., Mat Class would be \$17/class with your Mixed Use Card instead of \$20).

Cancellation / No Show Policy

Clients must call the studio to cancel 24 hours prior to the scheduled session or class, otherwise you will be charged the full session/class fee. Additionally, if you have scheduled a duet and your partner is unable to join you, you will be charged for a private session.

Accepted Payments

We are pleased to accept cash, checks, Visa, MasterCard or AmEx. There is a \$35 fee for returned checks.

“[Like](#)” us on Facebook for news and updates about special classes!