

PILATES STUDIO SCHEDULE

WINTER SESSION ~ JAN 15 - APRIL 14, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30:00 AM (55) Pilates Amplified! Kimberlee	7:15:00 AM (75) Pilates for Golf Melanie	9:15 AM (75) Zenga Barre Stephanie	9:30 AM (55) Essential Full Studio Mary	8:30 AM (55) Interm 1 Full Studio Mary	8:30 AM (55) Essential Full Studio Mary
9:30 AM (55) Adv Full Studio Kimberlee	8:30 AM (55) Zenlates Kimberlee	10:35 AM (60) Restorative Pilates Stephanie	9:30 AM (50) Adult Ballet Joan - Studio B	9:30 AM (55) Pilates Meets Barre Stephanie	9:30 AM (55) Interm Full Studio Mary
*****	9:30 AM (55) Full Studio + Jump Kimberlee	*****	10:35 AM (55) Intro 1 Reformer + Mat Melisa	10:35 AM (55) Interm 2 Full Studio Kimberlee	10:30 AM (55) Intro 1 Reformer + Mat Mary
5:15 PM (55) Interm 2 Full Studio Joan	10:35 AM (55) Interm 2 Exp Full Studio Joan	6:00 PM (55) Atheletic Reformer Melanie			
	12:45 PM (60) HydroCore Pilates Stephanie - POOL				

PHYSICAL FITNESS CAN NEITHER BE ACHIEVED BY WISHFUL THINKING NOR OUTRIGHT PURCHASE. JOSEPH PILATES

PRIVATE ONE-ON-ONE & DUET TRAINING

Please contact Mary Keen to set up private training

PILATES STUDIO POLICIES PLEASE READ - IMPORTANT

PRIVATES - 60 minutes

Members:

1 sess = \$85
5 sess = \$400/\$80ea
10 sess = \$750/\$75ea

Non-Members:

1 sess = \$95
5 sess = \$450/\$90ea
10 sess = \$850/\$85ea

PRIVATES - 30 minutes

Members:

1 sess = \$47.50
5 sess = \$225/\$45 ea
10 sess = \$425/\$42.50ea

Non-Members:

1 sess = \$52.50
5 sess = \$250/\$50 ea
10 sess = \$475/\$47.50ea

DUETS - 60 minutes

Members:

1 sess = \$67
5 sess = \$315/\$63ea
10 sess = \$580/\$58ea

Non-Members:

1 sess = \$77
5 sess = \$365/\$73 ea
10 sess = \$680/\$68 ea
(*prices are per client)

*Missed classes can be made up on a first-come, first-served basis.
Make-up class must be the same format and level of missed class and within the same session.
If you arrive late for your class, your spot will not be guaranteed.
* Socks are required for all equipment classes.
* Management reserves the right to cancel or reschedule classes as needed.

For more information, please contact Mary Keen at 410-318-6831.
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LifeBridge Health & Fitness
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