

Pilates with Equipment

Introductory Session \$40

All new clients are highly recommended to take this one-hour introductory session where we will discuss your needs and goals as well as help familiarize you with the equipment during this private exercise training.

Beginner Course \$210

This course includes three private sessions to allow the new client to get a feel for the exercises and then try the different types of sessions.

In Studio

	DROP-IN	5 PACK	10 PACK	20 PACK
Private Session	\$80	\$375 (75 per)	\$700 (70 per)	\$1,300 (65 per)
Duet Session	\$100	\$450 (90 per)	\$850 (85 per)	\$1,600 (80 per)
Private Group Session	\$150	\$725 (145 per)	\$1,350 (140 per)	\$2,500 (135 per)
Open Group Session	\$35	\$150 (30 per)	\$250 (25 per)	\$400 (20 per)

Offsite Private Sessions	DROP-IN	2 PACK	3 PACK	5 PACK
(Pilates, & Cardio)	\$85	\$160 (80 per)	\$225 (75 per)	\$350 (70 per)

Studio rates effective 9/1/2022, are subject to change.

A 24-Hour Cancellation notice is required in order to avoid a service charge

* Military Veteran, Seniors, first responder, student, teachers, or professors special pricing*

Private - a minimum of 3 pack purchase for \$210 (70 per)*

Open Group - minimum of 5 pack purchase for \$90 (18 per)*