

## Pilates with Equipment

### Introductory Session \$30

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 \$180

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

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#### In-Studio

	<u>DROP-IN</u>	<u>5 PACK</u>	<u>10 PACK</u>	<u>20 PACK</u>
Private Session	\$75	\$350 (70 per)	\$650 (65 per)	\$1,200 (60 per)
Duet Session	\$100	\$450 (90 per)	\$850 (85 per)	\$1,500 (75 per)
Private Group Session	\$150	\$700 (140per)	\$1,300 (130per)	\$2,400 (120per)
Open Group Session	\$30	\$110 (22 per)	\$200 (20 per)	\$360 (18 per)

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#### Offsite

	<u>DROP-IN</u>	<u>2 PACK</u>	<u>3 PACK</u>	<u>5 PACK</u>
Offsite Private Sessions – In Person (Pilates, & Cardio)	\$80	\$150 (75 per)	\$210 (70 per)	\$325 (65 per)

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#### Both In-Studio and Offsite

	<u>FIRST VISIT</u>	<u>SINGLE SESSSION 5 PACK</u>	<u>10 PACK</u>
Reiki Healing Session	DONATION	\$65	\$250
PAST LIFE REGRESSION	DONATION	\$85	\$400

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Nutrition & Weight Loss Plans	\$50 Consultation	\$75 Subsequent Sessions
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\* Military Veteran, Seniors, first responder, student, teachers, or professors special pricing\*. (Private Session \$60/Open Group drop-in \$15)