

Pilates with Equipment

Introductory Session \$45

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 \$220

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.

In-Studio

	<u>DROP-IN</u>	<u>5 PACK</u>	<u>10 PACK</u>	<u>20 PACK</u>
Private Session	\$85	\$400 (80 per)	\$750 (75 per)	\$1,400 (70 per)
Duet Session	\$100	\$475 (95 per)	\$900 (90 per)	\$1,700 (85 per)
Private Group Session	\$155	\$750 (150 per)	\$1,450 (145 per)	\$2,800 (140per)
Open Group Session	\$40	\$175 (35 per)	\$300 (30 per)	\$500 (25 per)

Offsite

	<u>DROP-IN</u>	<u>2 PACK</u>	<u>3 PACK</u>	<u>5 PACK</u>
Offsite Private Sessions – In Person (Pilates, & Cardio)	\$90	\$170 (85 per)	\$240 (80 per)	\$375 (75 per)

Both In-Studio and Offsite

	<u>FIRST VISIT</u>	<u>SINGLE SESSSION 5 PACK</u>	<u>10 PACK</u>	
Reiki Healing Session	DONATION	\$75	\$325	\$555
Regression Hypnosis	DONATION	\$95	\$425	\$800

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

(Private Session \$70/ Open Group drop-in \$20)

*A 24-hour cancellation notice is required to avoid a service charge

*Studio rates effective 9/3/2024, are subject to change