



THE CLUB

at CENTURY PARK



Katherine Shukhman

ABOUT:

Katherine fell in love with Pilates 10 years ago after she discovered the amazing effects it had on her mind and body. This discovery inspired Katherine to leave her job in the fashion world to share her passion for Pilates with others. Katherine received her certification from Body Arts and Science International (BASI), and trained under Rael Isacowitz, the creator of BASI.

After completing her certification in Los Angeles, she traveled to Bali to further her knowledge in Injuries and Pathologies as well as restorative stretching techniques. Katherine also holds certifications in enhancing athletic performance, Pilates for scoliosis, and pre/post-natal Pilates. She offers a wide range of expertise for those looking to improve posture, build a strong core, lengthen, and tone.

Katherine uses her creativity and broad range of certifications / knowledge to design Pilates programs based on individual goals and needs.

She is very much looking forward to creating meaningful and lasting relationships with her clients at Century Park.

DEGREE(S):

- Body Arts and Science International - BASI Pilates

CERTIFICATIONS:

- PMA- Enhancing Athletic Performance
- Pilates for Injuries & Pathologies - Ubud, Bali
- Innovations in Pilates Reformer - Ubud, Bali
- Unwinding Scoliosis with Pilates
- Pre and Post Natal Pilates
- Whole Body Reformer
- Athletic Reformer



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Private Pilates Pricing

<u>PRIVATE PROGRAM</u>	<u>PRICE</u>	<u>PRICE PER SESSION</u>
SINGLE	\$95	\$95.00
INTRO PACK (3 SESSIONS) <small>*Only available for 1st 30 days of membership</small>	\$199	\$66.33
5 PACK	\$425	\$85.00
10 PACK	\$800	\$80.00
<u>BUDDY PROGRAM</u>	<u>PRICE</u>	<u>PRICE PER SESSION</u>
SINGLE	\$120	\$60.00 per person
5 PACK	\$575	\$57.50 per person
10 PACK	\$1100	\$55.00 per person

PILATES DEFINED

Pilates is a full-body workout that strengthens and stretches simultaneously with a deep emphasis on the core. Core strength increases your ability to generate power to your muscles. Pilates will compliment any workout program and is safe for all fitness levels.

THE EXPERIENCE

A Pilates session is 55 minutes and is composed of a combination of equipment and mat work at a level appropriate for each client. Pilates equipment uses a unique blend of body weight, pulleys, and springs to create resistance. Wear comfortable, fitted athletic clothing. No shoes required.

For more information please contact Katherine Shukhman at
Katherine.Shukhman@activewellness.com.

Thank you kindly.

