

LET THE TRANSFORMATION BEGIN



PILATES

PRIVATE PILATES PRICING

1 HOUR SESSIONS

	PRICE	PRICE PER SESSION
SINGLE	\$95	\$95.00
5 PACK	\$425	\$85.00
10 PACK	\$800	\$80.00

30 MINUTE SESSIONS

	PRICE	PRICE PER SESSION
1 SESSION	\$50	\$50.00
5 PACK	\$237.50	\$47.50
10 PACK	\$450	\$45.00

BUDDY PROGRAM

	PRICE	PRICE PER SESSION
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.



THE CLUB
at CENTURY PARK