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Pilates Registration

Sign up for: **Semester I (1/11-3/7)**

- Pilates Beginner Class MON PM 6:00 PM
- Pilates Beginner Class THUR AM 10:00AM
- Pilates Intermediate Class TUES AM 10:00AM
- Pilates Intermediate Class TUES PM 7:00 PM
- Pilates Intermediate Class THUR PM 6:00 PM
- Pilates Prenatal Class MON PM 7:00 PM
-

Subtotal: _____

Total: _____

Name _____

Address _____

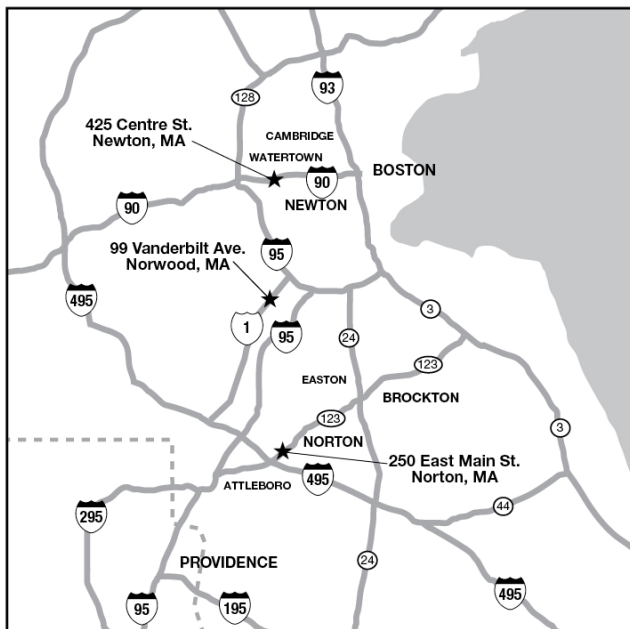
Phone _____

Method of Payment

- Check
- Visa
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- American Express

Credit Card # _____ Exp. date _____

Signature _____



425 Centre St
Newton MA, 02458

Phone: 617.244.1990
Fax: 617.244.1811

PILATES

Individual and Group Sessions



“Keeping you well through out the RACE of life”

425 Centre Street
Newton, MA 02458

Tel: (617) 244-1990

Pilates Classes

Beginners

This class will utilize both mat and apparatus based Pilates exercise to focus on learning and fine-tuning your ability to isolate and control your core stabilizers.

Class limited to 4 participants.

Mondays at 6:00 PM

Thursdays at 10:00 AM

Intermediate

This class will utilize the Tower Bar, Cadillac Table, Chair, Reformer, and Barrel, expanding your ability to utilize your core stabilizers with more challenging movements in a quick paced class.

Class limited to 5 participants.

Tuesdays at 10:00 AM and 7:00 PM

Thursdays at 6:00 PM

Prenatal Pilates

This class will utilize Mat, Ball, Flex Ring, and Resistance Bands for core and total body toning during your pregnancy. With a focus on the core stabilizers, you will develop the coordination and strength needed to maintain a health body before delivery.

Class limited to 5 participants.

Monday at 7:00 PM

Schedule & Pricing

Semester I:

January 11th through March 7th

(no PM Intermediate class held on January 19th)

Beginner.....\$160

Intermediate Tues AM.....\$160

Intermediate Tues PM.....\$140

Intermediate Thurs PM.....\$160

Prenatal.....\$160



Pre-registration is required for all classes.

Private Training

Private Pilates Training

Utilizing the Pilates apparatus: Tower Bar, Cadillac Table, Chair, and Reformer, private lessons improve core stabilization, posture and correct dysfunctional movement patterns. Individual sessions are a great way to take your training to the next level; whether you're a novice or an elite athlete! Individual sessions by appointment only.

Pricing

Introductory Special: 3 private

Pilates sessions.....\$125

Private Pilates sessions.....\$75

Duets, private Pilates sessions with a friend.....\$95

Pilates/Personal Training Mix & Match:

5 sessions.....\$356

10 sessions.....\$675