

CORE Pilates & Yoga

Small Group Training Schedule: November - December 2018

www.corepilatesandyoga.com

| Day | Time | Small Group Training | Instructor |
|------------------|-------------------------|--------------------------------|----------------------------------|
| Monday | 10:30 – 11:30 PM | Reformer Fusion | Caitlin |
| | 5:45 – 6:45 PM | Reformer Fusion | Nancy |
| Tuesday | 10:30 – 11:45 AM | Core Yoga* | Lara |
| | 4:30 – 5:30 PM | Reformer/Tower Classic | Betty Jo |
| | 5:45 – 6:45 PM | Reformer/Tower Classic | Betty Jo |
| | 7:00 – 8:00 PM | Reformer Fusion | Betty Jo |
| Wednesday | 9:15 – 10:15 AM | Reformer/Tower Classic | Lara |
| | 6:15 – 7:30 PM | Core Yoga* | Lara |
| Thursday | 10:30 – 11:30 AM | Core Strength* | Lara |
| | 5:45 – 6:45 PM | Reformer Fusion | Beth |
| Friday | 9:15 – 10:15 AM | Pilates Arc plus (alt)* | Lara |
| | 9:15 – 10:15 AM | Core Barre (alt)* | Lara |
| | 4:30 – 5:30 PM | Reformer/Tower Classic | Betty Jo |
| Saturday | 8:30 – 9:30 AM | Reformer Fusion | <i>see online for instructor</i> |

We recommend registering a minimum of 3 hours in advance for all Classes.

Please Note: Registration for Saturday Morning class closes by 6 pm Friday.

*denotes classes that are priced for barre, strength, mat and yoga

The studio is closed for Classes: 11/22; 12/24; 12/25, 12/26; 12/31 & 1/1/2019
Privates may be scheduled as per instructor availability.

Private and Customized Small Group Training (SGT) for 2 or more
is available by appointment.

Call or Email Us Today to Schedule Your Appointment.

Studio Phone: 724.933.0500

General Interest Email: info@corepilatesandyoga.com

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Small Group Training Class Descriptions

Core Barre - A full body workout with vertical Pilates toning at the Barre, plus Strength Training to further tone and sculpt. A one-stop shop for your fitness regime!

Core Strength - Increase strength, build lean muscle and torch calories all in one energetic hour! We'll lift, squat and curl our way to stronger muscles and mix in some moderate impact cardio intervals to maximize the "burn." Culminate with a deep stretch and you'll have that long, lean physique in no time.

Core Yoga - Stimulate and rejuvenate your body and mind with this fusion Yoga practice. Movements will cultivate strength, flexibility, balance, focus and endurance. Tone the entire body and focus the mind with this energetic practice.

Pilates Arc plus- Work your core using the Pilates Arc and Pilates Chair and/or Reformer/Tower. A straightforward yet challenging class that will start at your center and work it's way out. Try it TODAY!

Reformer/Tower Classic – A traditional approach to the Pilates Method. Each workout is based on the reformer and may combine the elements of Tower to enhance the practice.

Reformer Fusion - Challenge core strength and stability with a mix of Pilates Reformer and any of the following apparatus; Pilates Chair; Barre; Pilates Arc and Standing Tower. This workout will push your fitness edge to new levels with dynamic varying movements that keep your body guessing.

| CORE Private Training | Total | Core Flex | Session |
|--|--------------|------------------|----------------|
| Intro to CORE (First Time Clients)* | \$99 | \$99 | 2 |
| Learn Pilates Reformer – 4 pack | \$198 | \$198 | 4 |
| Single Private Session | \$65 | \$59 | 1 |
| 40-minute Private Session | \$50 | \$40 | 1 |
| 90-minute Private Session | \$95 | \$85 | 1 |
| Intro to CORE Duet* (\$32/person/session = \$64 for 2 sessions) | \$128 (\$64) | \$128 | 2 |
| Youth Private (age 18 and younger) | XX | \$52 | 1 |
| Single Duet Session (\$40 or \$35 respectively/ person/session) | \$80 | \$70 | 1 |
| Intro to CORE Trio* (\$28/person/session) | \$168 | \$168 | 2 |
| Single Trio Session (\$35 or \$32 respectively/person/session) | \$105 | \$93 | 1 |
| Small Group Training (SGT) | | | |
| Reformer / Pilates Chair | \$28 | \$22.50 | 1 |
| Barre, Strength, Mat and Yoga* | \$17 | \$13 | 1 |
| Welcome Group Mat/Yoga Class Special (First Time)* | \$30 | \$30 | 3 |
| Welcome Group Pilates Equipment Class Special (First Time) | \$50 | \$50 | 3 |
| CORE FLEX AMOUNT: Minimum of \$200 paid required for Core Flex Pricing Listed Above | | | |