

CORE Pilates & Yoga

Small Group Training Schedule: September – October 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
	(first class 9/12) 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 Chair/Arc (alt)	Lara
	9:15 – 10:15 AM	Core Barre (alt)*	Lara
	4:30 – 5:30 PM	Reformer/Tower Classic	Betty Jo
Saturday	8:00 – 9:00 AM	Reformer Fusion	Nancy
	<i>Select dates</i> 9:15 – 10:15 AM	Saturday Special* Pilates Mat / Yoga	Instructors alternate

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.

**No Classes will be held on Saturday, September 1 and
on Labor Day Monday, September 3, 2018**

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

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 Chair/Arc - Two awesome pieces of equipment brought together to engage your core like never before! The Chair will challenge your balance and core stability while the Arc will chisel away at your mid-section delivering definition and erasing inches. 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)	Total	Core Flex	Session
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			