

CORE Pilates & Yoga

Small Group Training Schedule: November - December 2017

www.corepilatesandyoga.com

Day	Time	Small Group Training	Instructor
Monday	12:00 – 1:00 PM	Reformer Classic	Lara
	5:30 – 6:30 PM	Learn the Pilates Reformer Nov. 6 Only!!	Nancy
	6:30 – 7:30 PM	Reformer Fusion	Dana
Tuesday	10:30 – 11:40 AM	Core Yoga	Lara
	4:30 – 5:30 PM	Reformer Classic	Betty Jo
	5:45 – 6:45 PM	Reformer Classic	Betty Jo
	7:00 – 8:00 PM	Reformer Fusion	Betty Jo
Wednesday	9:15 – 10:15 AM	Reformer Fusion <i>plus</i>	Lara
	6:30 – 7:40 PM	Core Yoga	Lara
Thursday	10:30 – 11:30 AM	Reformer Fusion	Dana
	6:00 – 7:00 PM	Reformer Fusion	Beth / Nancy
Friday	9:15 – 10:15 AM	Pilates Chair + Arc	Lara
	4:30 – 5:30 PM	Reformer Classic	Betty Jo
Saturday	8:30 – 9:30 AM	Reformer Fusion <i>plus</i>	Nancy

Everyone at Core Wishes you a Happy & Healthy Holiday Season!

For the most up to date group classes please check our On-Line Schedule as select classes may be cancelled due to the Holidays.

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

***Registration for Saturday Morning class closes by 6 pm Friday.**

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 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 Fusion plus - A fantastic combination of all your favorites! Blend the Pilates Reformer with Tower Work OR Pilates Chair; add in MatWork Abs and/or Yoga for flexibility and balance. Energize your body and work from your toes to your nose!

Reformer Classic – A traditional approach to the Pilates Method. Each workout is based on the reformer and may combine the elements of Tower or Mat 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
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
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, Core Cardio and Yoga	\$17	\$13	1
Welcome Group Yoga Class Special (First Time Clients)*	\$30	\$30	3
CORE FLEX AMOUNT: Minimum of \$200 paid required for Core Flex Pricing Listed Above			

Learn The Pilates Reformer!!

The reformer is often referred to as the workhorse of the Pilates practice.

Join in this special session to learn and experience what the Pilates Reformer can do for your fitness program. With emphasis on strengthening the core, this unique and versatile machine will help you improve your posture, alignment, balance and flexibility. We invite you to take the first step and experience a new level of body awareness and a deepened sense of well-being.