

CORE Pilates & Yoga

Small Group Training Schedule: March - April 2018

www.corepilatesandyoga.com

Day	Time	Small Group Training	Instructor
Monday	12:00 – 1:00 PM	Reformer Fusion	Lara
	5:45 – 6:45 PM	Reformer Fusion	Nancy
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 HIIT	Lara
	6:30 – 7:40 PM	Core Yoga	Lara
Special >>>	6:30 – 7:30 PM	Pilates Mat 3/7 & 3/28	Nancy/Beth
Thursday	10:30 – 11:30 AM	Reformer Fusion	Dana
	5:45 – 6:45 PM	Reformer Fusion	Beth
Friday	9:15 – 10:15 AM	Core Barre plus	Lara
	4:30 – 5:30 PM	Reformer Classic	Betty Jo
Saturday	8:30 – 9:30 AM	Reformer Fusion	Nancy
March 10	10:00 -11:00 AM	Pilates Mat	Beth
March 10	1:00 – 2:00 PM	Sound Bath Therapy	Candace

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

Sound Bath Wellness Workshop

Join Dr. Candace Robick, Saturday, March 10 from 1 -2 pm for an exploration into vibrational sound energy work. Restore, refresh and renew the body, mind and spirit through this journey of self-exploration with therapy grade bowls, gongs and chimes. All welcome to attend, please register by 3/8. Fee: \$25

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Small Group Training Class Descriptions

Core Barre plus - 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 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.

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.

Reformer HIIT - HIIT Training involves short bursts of intense exercise movements followed by active recovery. This class combines HIIT movements that are cardio and/or strength based with active recovery reformer movements.

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
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, Core Cardio 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			

Learn The Pilates Reformer – special 4-pack training for \$198! The reformer is often referred to as the workhorse of the Pilates practice. 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.