

CORE Pilates & Yoga

www.corepilatesandyoga.com

Small Group Training Schedule: November-December 2015

Day	Time	Class	Instructor
Monday	5:30 – 6:30 AM	Pilates Equipment	Michelle
	12:00 – 1:00 PM	Reformer Fusion	Lara
Tuesday	4:30 – 5:30 PM	Pilates Equipment	Betty Jo
	5:45 – 6:45 PM	Pilates Equipment	Betty Jo
	7:00 – 8 :00 PM	Reformer Fusion	Betty Jo
Wednesday	9:15 – 10:15 AM	Reformer Fusion	Lara
Thursday	5:45 – 6:45 PM	Reformer Fusion	Beth
Friday	9:15 – 10:15 AM	Pilates Chair + Arc	Lara
	4:30 – 5:30 PM	Pilates Equipment	Betty Jo
Saturday	8:00 – 9:00 AM	Reformer Fusion	Beth / Lara

Holiday Class Changes

Thanksgiving: Classes will not be held on Tuesday 11/24; Thursday 11/26 and Friday 11/27

Christmas: Classes will not be held 12/25 – 12/26 and Friday 1/1/16

Join Lara for a Special "Eve" Class; **Pilates Equipment + Yoga** from 9:15 – 10:30 am on Thursday, 12/24 and Thursday, 12/31

CLASS DESCRIPTIONS

Each **Pilates Equipment** class will offer the standard structure of:

- ✓ Breathe Awareness
- ✓ Core Activation Warm-Up
- ✓ Upper and Lower Body Conditioning
- ✓ Balance & Flexibility
- ✓ plus combine one or more methods of Pilates Apparatus- Reformer, Tower, Chair, Jump Board, and Mat Work.
- **Reformer Fusion** - Challenge core strength and stability with classic Reformer mixed with any of the following apparatus; Pilates Chair; Ballet Barre; Pilates Arc; Fitness BOSU or the Physio-Ball. This workout will push your fitness edge to new levels with dynamic varying movements that keep your body guessing.
- **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!

Please note that any Pilates Equipment class with more than 5 attendees may switch to a circuit style format at the instructor's discretion. Pilates Equipment Small Group Trainings require instructor approval prior to attendance.

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Pricing Information

EQUIPMENT BASED GROUP TRAINING

Single Drop-In = \$28 *Package of 8 = \$184 **Core Flex = \$22.50/session

****Core Flex Small Group Training** – Pay \$200 onto your Core House Account and simply deduct the reduced session amount as you attend. No expiration and complete flexibility in scheduling.

PRIVATE TRAINING

Intro To Core = \$99 (2 private training sessions exclusively for first time clients!!)

Intro to Core Duet = \$129 Intro to Core Trio = \$168

The Intro to Core is the best place to start with our signature Posture Analysis, Goal Setting and Reformer Movement Training.

Single Private = \$65 *Package of 8 = \$480 **Core Flex Single Private = \$59
Single Session Duet = \$80 Core Flex Duet = \$70 Single Session Trio = \$105 Core Flex Trio = \$93

****Core Flex Private Training** – Pay \$550 onto your Core House Account and enjoy the luxury of scheduling privates, duets, trios or any group class. No Expiration. Renew as funds deplete.

**All 8 session packages expire after 90 days.*

Special Eve - Holiday Classes!

Join Lara on Thursday Dec. 24 and Dec. 31 from 9:15 – 10:30 am for Pilates Equipment + Yoga!!

Create Your Own YOGA!!

Looking to bring Yoga to your office?

How about Yoga as a special event for your mom's group?

Perhaps you and your BFF's want to get together for more than just coffee...

Then Create Your Own YOGA is PERFECT!

Contact Lara to arrange dates, times and location...that's right we can even come to you!