

CORE Pilates & Yoga

Small Group Training Schedule: January – February 2021

www.corepilatesandyoga.com

Day	Time	Small Group Training	Instructor
Monday	10:30-11:30 AM	Pilates Mat Live Stream Only	Caitlin
	5:30 – 6:30 PM	Pilates Equipment Fusion	Jeanne
Tuesday	10:30–11:40 AM	Cardio Flow Yoga*	Lara
		*Also available via broadcast	
Wednesday	9:15 – 10:15 AM	Pilates Equipment Fusion	Lara
	6:00 – 7:00 PM	Pilates Equipment Fusion	Jeanne
Thursday	10:30–11:30 AM	Flexible Strength*	Lara
		*Available Live and Live Stream	
Friday	9:15 – 10:25 AM	Yoga R n' R*	Lara
		*Also available via broadcast	
	4:30 – 5:30 PM	Pilates Equipment Fusion	Betty Jo
Saturday	8:15 – 9:15 AM	Pilates Equipment Fusion	Jeanne
	9:30 – 10:30 AM	Pilates Equipment Fusion	Jeanne

Please register a minimum of 3 hours in advance for all Classes.

Note: Registration for Saturday closes by 6 PM Friday.

*Denotes classes that are priced for strength & yoga.

These classes may also be available via Broadcast and/or Live Stream

Contact Lara (lara@corepilatesandyoga.com) for how to join.

Call or Email Us Today to Schedule Your Appointment.

Studio Phone: 724.933.0500 Email: lara@corepilatesandyoga.com

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Small Group Training Class Descriptions & Pricing:

Pilates Equipment Fusion – This class will use the Pilates Reformer and a mix of other props/apparatus to deliver a full-body workout that will leave you feeling strong stretched and centered.

New Names... New Beginning...

***Flexible Strength** - Increase strength, build lean muscle and torch calories all in one energetic hour! Lift, squat and curl your way to stronger muscles and mix in some moderate impact cardio intervals to maximize the “burn.”

***Cardio Flow Yoga** – Lara’s signature class -blend intervals of fitness cardio with standing Yoga asana, balance movements, full-body strengthening and stretching (oh, and did I mention planks?!?) Get ready for some body transformations as this combo is highly effective in conditioning you from your toes to your nose.

***Yoga R n’R** – Rejuvenate and Renew with this smooth flowing yoga practice complete with focused breathing and meditation. Balance your body and mind finding new pathways of strength and stretch – both mentally and physically.

CORE Private Training	❖Core Flex	Session
Intro to CORE (First Time Clients)*	\$99	2
Single Private Session	\$59	1
40-minute Private Session	\$40	1
Intro to CORE Duet* (\$32/person/session = \$64 for 2 sessions)	\$128 /\$64	2
Youth Private (age 18 and younger)	XX	1
Single Duet Session (\$40 or \$35 respectively/ person/session)	\$70	1
Intro to CORE Trio* (\$28/person/session)	\$168	2
Single Trio Session (\$35 or \$32 respectively/person/session)	\$93	1
Small Group Training (SGT)	❖Core Flex	Session
Pilates Equipment (reformer, tower, chair)	\$22.50	1
Total Body Strength & Yoga* (Virtual is the same price)	\$13	1
Welcome Group Strength/Yoga Class Special (First Time)*	\$30	3
Welcome Group Pilates Equipment Class Special (First Time)	\$50	3

During the month of January and February all services are offered ala carte’ please pay as you train per the Core Flex Pricing.