

CORE Pilates & Yoga

Small Group Training Schedule: July - August 2017

www.corepilatesandyoga.com

Day	Time	Small Group Training	Instructor
Monday	5:30 – 6:30 AM	Reformer Fusion	Michelle
	12:00 – 1:00 PM	Reformer Classic	Lara
	6:30 – 7:30 PM	Pilates Mat Work	Dana
Tuesday	*10:30 – 11:40 AM	Core Yoga 8/1-8/29/17	Lara
No Classes On July 4th	*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	5:30 – 6:30 AM	Cardio Core	Michelle
No Class 7/5	*9:15 – 10:15 AM	Reformer HIIT	Lara
No Class 7/5 & 8/16	*6:30 – 7:40 PM	Core Yoga	Lara
<i>Only on 8/16 ></i>	6:30 – 7:30 PM	Pilates Chair plus Arc	Lara
Thursday	6:00 – 7:00 PM	Reformer Fusion	Beth
Friday	9:15 – 10:15 AM	Core Barre	Lara
	4:30 – 5:30 PM	Reformer Classic	Betty Jo
Saturday	8:00 – 9:00 AM	Reformer Fusion <i>Class dates: 7/8, 7/22, 8/5 & 8/19</i>	Nancy
<i>Special 7/15/17 >>>>>></i>	9:00 -10:30 AM	Foam Roller Workshop	Beth

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!

Cardio Core - The best way to build a lean core is by incorporating the right core movement with cardio intervals. This workout will mix cardio and targeted core training resulting in A Calorie Torching 60 minutes that will leave you feeling AMAZING!!

Core Yoga - Stimulate and rejuvenate your body and mind with this fusion Yoga practice. Movements will cultivate strength, flexibility, balance, focus and endurance. This is an energetic practice that tones the entire body and focuses the mind.

Pilates Mat Work – Designed to reinforce the fundamentals thru intermediate levels of the Pilates Method. Feel great with this core focused workout, easy on the joints with work from the inside – out.

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
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 Class Special (First Time Clients)*	\$30	\$30	3
CORE FLEX AMOUNT: Minimum of \$200 paid required for Core Flex Pricing Listed Above			