

CORE Pilates & Yoga

Small Group Training Schedule: June - August 2020

www.corepilatesandyoga.com

Day	Time	Small Group Training	Instructor
Monday	10:30-11:30 AM	Pilates Equipment Fusion <i>Class begins 6/22/2020</i>	Caitlin
	5:30 – 6:30 PM	Pilates Equipment Fusion	Nancy
Tuesday	10:30–11:40 AM	Core Yoga*	Lara
Wednesday	9:15 – 10:15 AM	Pilates Equipment Fusion	Lara
	6:30 – 7:30 PM	Pilates Equipment Fusion	Jeanne
Thursday	10:30–11:30 AM	Core Strength*	Lara
Friday	9:15 – 10:15 AM	Pilates/Yoga HITT	Lara
	4:30 – 5:30 PM	Pilates Equipment Fusion	Betty Jo
Saturday	8:15 – 9:15 AM	Pilates Equipment Fusion	Jeanne/Nancy
	9:30 – 10:30 AM	Pilates Equipment Fusion	Jeanne

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

Note: Registration for Saturday closes by 6:00 pm the evening prior.

*Denotes classes that are priced for mat-based workout; strength, and yoga.
These classes are also available Live Stream thru June 30!!

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 & Pricing:

***Core 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.”

***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 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.

***Pilates/Yoga HITT** - Create a lean and powerful Core-Body with this fusion class of Pilates, Yoga and Functional Fitness training. You'll experience the benefits of a cardiovascular workout using intervals of High and Mid-level intensity movements along with traditional yoga moves, Pilates principles and focused breathing. Let's call this the Next Dimension of Fitness helping you to become a healthier you both inside and out!

CORE Private Training	Total	❖Core Flex	Session
Intro to CORE (First Time Clients)*	\$99	XX	2
Single Private Session	\$65	\$59	1
40-minute Private Session	\$50	\$40	1
Intro to CORE Duet* (\$32/person/session = \$64 for 2 sessions)	\$128 (\$64)	\$128	2
Youth Private (age 18 and younger)	\$52	XX	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 / Tower	\$28	\$22.50	1
Barre, Strength, Mat 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 Pre-Paid Pricing begins at \$200. A minimum of \$200 must be placed on your account to receive the special Core Flex rates as noted above.