

CORE Pilates & Yoga

Small Group Training Schedule: May – June 2019

www.corepilatesandyoga.com

Day	Time	Small Group Training	Instructor
Monday	9:15 – 10:15 AM	Pilates Chair/ARC <i>(last class 5/20)</i>	Caitlin
	5:45 – 6:45 PM	Pilates Fusion <i>(no class 5/27)</i>	Nancy
Tuesday	10:30 – 11:45 AM	Core Yoga*	Lara
	4:30 – 5:30 PM	Pilates Fusion	Betty Jo
	6:00 – 7:00 PM	Pilates Fusion	Beth
Wednesday	9:15 – 10:15 AM	Pilates Fusion	Lara
	6:30 – 7:30 PM	Pilates Mat w/ Props*	Jeanne
Thursday	10:30 – 11:30 AM	Core Strength*	Lara
	6:30 - 7:30 PM	Pilates for Men - <i>Select dates</i>	Caitlin
Friday	9:15 – 10:15 AM	Pilates Arc plus (alt)*	Lara
	9:15 – 10:15 AM	Core Barre (alt)*	Lara
	4:30 – 5:30 PM	Pilates Fusion	Betty Jo
Saturday	8:15 – 9:15 AM	Pilates Fusion	Jeanne
	9:30 – 10:30 AM	Pilates Fusion	Jeanne
Sunday	10:00 – 11:00 AM	Core Yoga*	Lara

New Class> Join in this fantastic workout just for the guys –**Pilates for Men** will teach you how to work from your core first and then strengthen and lengthen the periphery. Enhance your athletic regimen and reduce back pain to get back to the activities you enjoy, plus we'll help you re-gain some lost flexibility! A win-win for All!

Class meets Thursdays 6:30 - 7:30 pm. Dates: 5/9 – 6/20 (no class 5/30)

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

Please Note: Registration for Sat. & Sun. Morning classes closes by 6 pm the evening prior.

*denotes classes that are priced for barre, strength, mat and yoga

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 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! Tuesday night add Reformer to your workout!

Core Strength - Increase strength, build lean muscle and torch calories all in one energetic hour! Lift, squat and curl our 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. *Experience Yoga is the same class geared to the beginner.*

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: This class is held on the Heavy Athletics side.

Pilates Arc plus - Work your core using the Pilates Arc and Pilates Chair and/or Reformer/Tower. A straightforward yet challenging class that will start at your center and work its way out.

Pilates 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. *Experience Pilates is the same class geared to the beginner.*

Pilates Mat with Props- Adding props to your Pilates Mat Work can add a whole new dimension to the work - join in this class and experience the foam roller, light hand weights and the magic circle, all sure to deliver a strong workout for your core!!

CORE Private Training	Total	❖Core Flex	Session
Intro to CORE (First Time Clients)*	\$99	XX	2
Learn Pilates / Yoga – 4 pack	\$198	XX	4
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	\$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 your account to receive the special Core Flex rates as noted above.