

# CORE Pilates & Yoga

Small Group Training Schedule: November - December 2019

[www.corepilatesandyoga.com](http://www.corepilatesandyoga.com)

Day	Time	Small Group Training	Instructor
<b>Monday</b>	<b>7:00 -8:00 AM</b>	<b>Core Barre*</b> 12/2 – 12/19	<b>Jeanne</b>
	<b>9:15 – 10:15 AM</b>	<b>Pilates Equipment: Chair</b> Class held next door-Heavy Athletics	<b>Caitlin</b>
	<b>5:45 – 6:45 PM</b>	<b>Pilates Equipment Fusion</b>	<b>Nancy</b>
<b>Tuesday</b>	<b>10:30 –11:40 AM</b>	<b>Core Yoga*</b>	<b>Lara</b>
	<b>4:30 – 5:30 PM</b>	<b>Pilates Equipment Fusion</b>	<b>Betty Jo</b>
	<b>6:00 – 7:00 PM</b>	<b>Pilates Equipment Fusion</b>	<b>Beth</b>
<b>Wednesday</b>	<b>9:15 – 10:15 AM</b>	<b>Pilates Equipment Fusion</b>	<b>Lara</b>
	<b>6:30 – 7:30 PM</b>	<b>Pilates Mat w/ Props*</b>	<b>Jeanne</b>
<b>Thursday</b>	<b>7:00 – 8:00 AM</b>	<b>Core Barre*</b> 12/2 – 12/19	<b>Jeanne</b>
	<b>10:30 – 11:30 AM</b>	<b>Core Strength*</b>	<b>Lara</b>
<b>Friday</b>	<b>9:15 – 10:15 AM</b>	<b>Pilates Arc plus (alt)*</b>	<b>Lara</b>
	<b>9:15 – 10:15 AM</b>	<b>Core Barre (alt)*</b>	<b>Lara</b>
	<b>4:30 – 5:30 PM</b>	<b>Pilates Equipment Fusion</b>	<b>Betty Jo</b>
<b>Saturday</b>	<b>8:15 – 9:15 AM</b>	<b>Pilates Equipment Fusion</b>	<b>Jeanne</b>
	<b>9:30 – 10:30 AM</b>	<b>Pilates Equipment Fusion</b>	<b>Jeanne</b>
<b>Sunday</b>	<b>10:00 – 11:10 AM</b>	<b>Core Yoga*</b>	<b>Lara</b>

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

**Note:** Registration for Thursday (7am), Saturday & Sunday 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](mailto: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!

**\*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 Arc plus**- Work your core using the Pilates Arc. A straightforward yet challenging class that will start at your center and work its way out.

**\*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!!

**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.

*Note - The Chair Class is held next door at Heavy Athletics*

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.