

CORE Pilates & Yoga

Small Group Training Schedule: September-October 2017

www.corepilatesandyoga.com

| Day | Time | Small Group Training | Instructor |
|-----------|---|--|--------------|
| Monday | 12:00 – 1:00 PM | Reformer Classic | Lara |
| | 6:30 – 7:30 PM | Reformer Fusion | Dana |
| Tuesday | 10:30 – 11:40 AM | Core Yoga | Lara |
| | 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 | Reformer Fusion | Michelle |
| | 9:15 – 10:15 AM | Reformer HIIT | Lara |
| | 12:00 – 12:45 PM | Fall Fitness Walk | Jane / Lara |
| | 6:30 – 7:40 PM | Core Yoga | Lara |
| Thursday | 10:30 – 11:30 AM | Reformer Fusion | Dana |
| | 6:00 – 7:00 PM | Reformer Fusion | Beth / Nancy |
| Friday | 9:15 – 10:15 AM | Core Barre | Lara |
| | 4:30 – 5:30 PM | Reformer Classic | Betty Jo |
| Saturday | 8:00 – 9:00 AM 9/9 & 10/20 class held 9:15 – 10:15 am | Experience Pilates! Reformer; Chair; Mat and MORE – see details online | Rotation |

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

Fall Fitness Walk – Beginning September 13, join us as we walk the area neighborhoods near Core. All levels welcome, walk will be 30 - 40 minutes.

CORE Pilates & Yoga

Small Group Training Schedule: September-October 2017

www.corepilatesandyoga.com

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!

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.

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 | | | |

Pilates for Girls! - Join Dana on Sundays this Fall and work your core for your sport; compliments Dance, Cheerleading, Swimming, Tennis and MORE!

Have a group of girls and want to form your own group? Let us know.

Email, Lara at lara@corepilatesandyoga.com