

CORE Pilates & Yoga

Small Group Training Schedule: September - October 2020

www.corepilatesandyoga.com

Day	Time	Small Group Training	Instructor
Monday	10:30-11:30 AM	Pilates Equipment Fusion	Caitlin
	5:30 – 6:30 PM	Pilates Equipment Fusion	Nancy
Tuesday	10:30–11:40 AM	Yoga Cardio F.I.T.*	Lara
	5:45 – 6:45 PM	Pilates Equipment Fusion ^NEW CLASS ^First class 9/15	Jeanne
Wednesday	9:15 – 10:15 AM	Pilates Equipment Fusion	Lara
	6:00 – 7:00 PM	Pilates Equipment Fusion	Jeanne
	^Time Change^		
Thursday	10:30–11:30 AM	Total Body Strength* ^same great class-new name^	Lara
Friday	9:15 – 10:25 AM	Core Yoga Flow*	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 ^Release Work Class 9/26 &10/17	Jeanne
Sunday	9:30 – 10:40	Core Yoga Flow*9/20-11/22	Lara

Please register a minimum of 3 hours in advance for all Classes.

Note: Registration for Saturday closes by 6 PM Friday.

*Denotes classes that are priced for strength & yoga. These classes may also be available Live Stream or Video On Demand – see options in Mind/Body!!

Call or Email Us Today to Schedule Your Appointment.

Studio Phone: 724.933.0500

Email: info@corepilatesandyoga.com

Got Tight Muscles? Stress Knots?

Join Nancy at 9:30 am on Saturday September 26 & October 17

For a Special Class on **Release Work**

This class uses special props to manipulate the fascial and muscles tissue aiding in better balance, increased flexibility and heightened elasticity. Stretching alone cannot “undo” a knot in the muscle – we need to dive deeper!

Register Today. Space is limited.

Core Flex \$13; Drop-In \$17

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Small Group Training Class Descriptions & Pricing:

***Core Yoga Flow** - 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. (Class length 65-70 minutes)

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.

***Total Body Strength (TBS)** - 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.”

***Yoga Cardio F.I.T.** - Create a lean and powerful Core-Body with this fusion class of Yoga Asana, Pilates Principles and Fitness Interval Training. You'll experience the benefits of a cardiovascular workout using intervals of 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! (Class length 65-70 minutes)

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
Pilates Equipment (reformer, tower, chair)	\$28	\$22.50	1
Total Body Strength & Yoga* (Virtual is the same price)	\$17	\$13	1
Welcome Group Strength/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.