

CORE Pilates & Yoga

Small Group Training Schedule: January - February 2019

www.corepilatesandyoga.com

Day	Time	Small Group Training	Instructor
Monday	10:30 – 11:30 PM	Reformer Fusion	Caitlin
	5:45 – 6:45 PM	Reformer Fusion	Nancy
Tuesday	10:30 – 11:45 AM	Core Yoga*	Lara
	4:30 – 5:30 PM	Reformer/Tower Classic	Betty Jo
	6:00 – 7:00 PM	Reformer/Barre	Beth
Wednesday	9:15 – 10:15 AM	Reformer/Tower Classic	Lara
	6:15 – 7:30 PM	Core Yoga* (no class 1/16)	Lara
Thursday	10:30 – 11:30 AM	Core Strength*	Lara
	6:00 -7:00 PM	Tower Stretch & Strength	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	Reformer/Tower Classic	Betty Jo
Saturday	8:30 – 9:30 AM	Reformer Fusion	Nancy
Sunday	10:30 – 11:30 AM	Experience Yoga! no class 1/27 & 2/10	Lara

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

Please Note: Registration for Saturday Morning class closes by 6 pm Friday &

Registration for Sunday Morning Yoga closes by 6 pm Saturday.

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

Please check our [On-Line Scheduler for Holiday Class Changes/Cancellations.](#)

[Privates may be scheduled as per instructor availability.](#)

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

Small Group Training Class Descriptions & Pricing on Back...

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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 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.

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 Tower Stretch & Strength - Utilize the Tower for both strengthening and stretching. Other apparatus may be rotated in for challenge/change. Use this class to help tone those trouble spots.

Reformer + Barre - Reformer + Barre is designed to sculpt, shape and define. Work deep into the core of your muscles and realize RESULTS!

Reformer/Tower Classic – A traditional approach to the Pilates Method. Each workout is based on the reformer and may combine the elements of Tower to enhance the practice.

Reformer Fusion - Challenge core strength and stability with a mix of Pilates Reformer and other apparatus. Push your fitness edge to new levels with dynamic varying movements that keep your body guessing.

CORE Private Training	Total	Core Flex	Session
Intro to CORE (First Time Clients)*	\$99	\$99	2
Learn Pilates Reformer – 4 pack	\$198	\$198	4
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
Youth Private (age 18 and younger)	XX	\$52	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 AMOUNT: Minimum of \$200 paid required for Core Flex Pricing Listed Above			