

# CORE Pilates & Yoga

## Small Group Training Schedule: January - February 2018

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

Day	Time	Small Group Training	Instructor
Monday	12:00 – 1:00 PM	Reformer Fusion <i>plus</i>	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	9:15 – 10:15 AM	Reformer Fusion <i>plus</i>	Lara
	6:30 – 7:40 PM	Core Yoga *	Lara
		*Pilates Mat may be used during subbing situations	
Thursday	10:30 – 11:30 AM	Reformer Fusion	Dana
	6:00 – 7:00 PM	Reformer Fusion	Beth / Nancy
Friday	9:15 – 10:15 AM	Pilates Chair + Arc	Lara
	4:30 – 5:30 PM	Reformer Classic	Betty Jo
Saturday	8:30 – 9:30 AM	Reformer Fusion	Nancy / Lara

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

\*Registration for Saturday Morning class closes by 6 pm Friday.

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](mailto:info@corepilatesandyoga.com)

### Learn The Pilates Reformer – special 4-pack training for \$198!

The reformer is often referred to as the workhorse of the Pilates practice.

Join in this special session to learn and experience what the Pilates Reformer can do for your fitness program. With emphasis on strengthening the core, this unique and versatile machine will help you improve your posture, alignment, balance and flexibility. We invite you to take the first step and experience a new level of body awareness and a deepened sense of well-being.

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### Small Group Training Class Descriptions

**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 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!

**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.

*(plus – works in more challenging moves and is ideal for those with a consistent Pilates practice and no health limitations.)*

### Price List

<b>CORE Private Training</b>	<b>Total</b>	<b>Core Flex</b>	<b>Session</b>
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
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
<b>Small Group Training (SGT)</b>	<b>Total</b>	<b>Core Flex</b>	<b>Session</b>
Reformer / Pilates Chair	<b>\$28</b>	<b>\$22.50</b>	<b>1</b>
Barre, Core Cardio and Yoga	<b>\$17</b>	<b>\$13</b>	<b>1</b>
Welcome Group Mat/Yoga Class Special (First Time)*	<b>\$30</b>	<b>\$30</b>	<b>3</b>
Welcome Group Pilates Equipment Class Special (First Time)*	<b>\$50</b>	<b>\$50</b>	<b>3</b>
<b>CORE FLEX AMOUNT: Minimum of \$200 paid required for Core Flex Pricing Listed Above</b>			