

CORE Pilates & Yoga

Small Group Training Schedule: July - August 2018

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 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 HIIT | Lara |
| | <i>Look for evening</i> | <i>Yoga to return mid-August!!</i> | |
| Thursday | 10:30 – 11:30 AM | Reformer Fusion | Lara |
| | 5:45 – 6:45 PM | Reformer Fusion | Beth |
| Friday | 9:15 – 10:15 AM | Core Barre plus | Lara |
| | 4:30 – 5:30 PM | Reformer Classic | Betty Jo |
| *Saturday | 8:00 – 9:00 AM | Reformer Fusion | Nancy |
| SPECIAL | SUMMER | SATURDAY CLASSES | |
| 7/14/18 | 8:00 – 9:00 AM | Pilates Chair / Arc | Lara |
| 7/14/18 | 9:15 – 10:30 AM | Yoga – Pilates Fusion | Lara |
| 7/21/18 | 8:00 – 9:00 AM | Pilates Chair / Arc | Lara |
| 7/21/18 | 9:15 – 10:30 AM | Yoga – Pilates Fusion | Lara |
| 8/18/18 | 8:00 – 9:15 AM | Experience the Pilates ARC! | Lara |

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

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

**No Classes will be held on the Fourth of July and
on Labor Day Monday, September 3, 2018**

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

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Small Group Training Class Descriptions

Core Barre plus - 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. 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.

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.

Yoga – Pilates Fusion - Bring the Best of Both Worlds together! Fuse the disciplines of Pilates and Yoga to shift your energy and improve your overall well-being. Yoga asanas will raise the body's heat, Pilates mat will strengthen and tone, and stretches will work to move energy producing a sense of inner balance and calm. Think – The Hundred meets Sun Salutations...HOT!

| 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, Core Cardio 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 | | | |

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