

# CORE Pilates & Yoga

Small Group Training Schedule: November - December 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	Cardio F.I.T. Yoga*	Lara
Wednesday	9:15 – 10:15 AM	Pilates Equipment Fusion	Lara
	6:00 – 7:00 PM	Pilates Equipment Fusion	Jeanne
Thursday	10:30–11:30 AM	Total Body Strength*	Lara
Friday	9:15 – 10:25 AM	NRG Flow Yoga *	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	Jeanne
	9:30 – 10:30 am	Release Work (11/14)	Nancy
Sunday	9:30 – 10:40	Mind-Set/Ab Motion Yoga (last class 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– see options in Mind/Body!!

Call or Email Us Today to Schedule Your Appointment.

Studio Phone: 724.933.0500 Email: [info@corepilatesandyoga.com](mailto:info@corepilatesandyoga.com)

### **Holiday Schedule Changes**

- ❖ No Classes 11/26 – 11/29
- ❖ No Classes 12/24 – 12/27
- ❖ No Classes 12/31 – 1/3/2021

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### Small Group Training Class Descriptions & Pricing:

**\*Cardio F.I.T. Yoga** - 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)

**\*NRG Flow 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. (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.”

<b>CORE Private Training</b>	<b>Total</b>	<b>❖Core Flex</b>	<b>Session</b>
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
<b>Small Group Training (SGT)</b>			
	<b>Total</b>	<b>❖Core Flex</b>	<b>Session</b>
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.