

CORE Pilates & Yoga

Small Group Training Schedule: July - August 2016

www.corepilatesandyoga.com

Day	Time	Small Group Training	Instructor
Tuesday	4:30 – 5:30 PM	Pilates Equipment	Betty Jo
	5:45 – 6:45 PM	Pilates Equipment	Betty Jo
	7:00 – 8 :00 PM	Reformer Fusion	Betty Jo
Wednesday	5:30 – 6:30 AM	Cardio Core	Michelle
	9:15 – 10:15 AM	Reformer Fusion	Lara
Thursday	5:45 – 6:45 PM	Reformer Fusion	Beth
Friday	9:15 – 10:15 AM	Core Barre plus	Lara
	4:30 – 5:30 PM	Pilates Equipment	Betty Jo
Saturday	8:00 – 9:00 AM	Reformer Fusion	Beth / Lara

6 AM – 8 PM Monday thru Friday and 8 AM – 2 PM Saturday
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

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!

Cardio Core - The best way to build a lean core is by incorporating the right core movement with cardio intervals. This workout will mix cardio with targeted training for your core - the result; A Calorie Torching 60 minutes that will leave you feeling AMAZING!!

Pilates Equipment – This class offers a traditional approach to the Pilates Method. Each workout is based on the reformer and may combine the elements of Tower or Mat.

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.

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CORE PRIVATE TRAINING			
	Total	Core Flex	Session
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)	\$128 (\$32)	\$128	2
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 Single	\$28	\$22.50	1
Barre, Core Cardio and Yoga	\$17	\$13	1
CORE FLEX AMOUNT: Minimum of \$200 paid onto account required for Core Flex Pricing Listed Above			



Happy Birthday to You! – Be sure to check your “inbox” at the beginning of your birthday month. We’ll send you a \$15 voucher you can use toward anything Core has to offer!



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Stand Up and Shout!! Our Core Referral Program can put dollars into your account. Share your Core experiences with a friend and encourage them to visit us at Core. When they spend \$200 you will receive \$30 onto your house account... As a bonus during the month of July & August we will Double your Referral Dollars!!

That’s Right \$60 to You – Woo Hoo!

(so we know... make sure your referral gives you props!!)