



MeU Pilates Studio

3132 NE 3rd Avenue
Camas, WA 98607

Studio Hours

Monday thru Thursday
6:00am to 6:30pm

Friday 6:00am - 12:00pm

Saturday & Sunday
8:00am to 12:00pm

Hours may vary

Please check meupilates.com for class schedule and hours

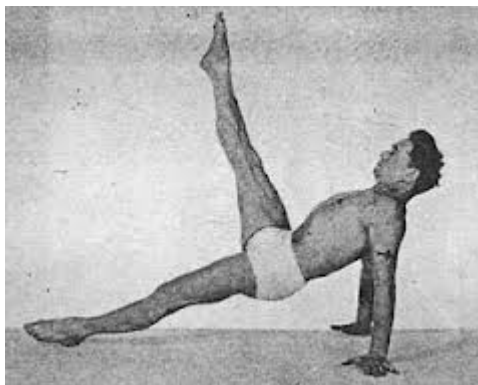
We want to make your Pilates experience:
Challenging
Enjoyable
Fun
Affordable

Phone: **360.210.4373**
Email: move@meupilates.com
Web: www.meupilates.com

Located next to Round Table Pizza NE 3rd Avenue, Camas, WA



The Pilates Studio of Camas



It is our mission that your Pilates experience embodies the philosophy and ideals of Joseph H. Pilates' Contrology (the study of control).

Know today as The Pilates Method; focuses on the connection between the mind and body keeping true to Pilates founding 6 principles, **Breath, Center, Concentration, Control, Flow, Precision.**

"One of the major results of Contrology is gaining the mastery of your mind over the complete control of your body."

Joseph H. Pilates

Career Opportunity & Pilates Instructor Certification

MeU Pilates Studio is a Certification Studio in affiliation with Pilates Education Institute and Pilates Method Alliance: Fostering Future Professionals



Pilates, Barre, Yoga >^~^< MeU Pilates Studio >^~^< Pilates, Barre, Yoga

'Everything should be smooth like a cat'

Joseph H. Pilates

MeUPilates Studio

Equipment Room

Reformer, Tower, Wunda Chair

You may find muscles you didn't know you had!

Foundation, Breathe

This is a great place to start your Pilates knowledge. These classes focus on the 6 principles of Joseph Pilates (**Breath, Center, Control, Concentration, Flow & Precision**) focusing on the body's core muscles.

Infinity* Control, Balance

It is all about balance. Focusing on the mobility of the spine and joints by utilizing the Reformer and Tower, this Pilates class' emphasis is balance and strengthening of your CORE and BACK MUSCLES.

Strength, Precision

With Pilates movement names such as Backstroke, Breaststroke, Tree, Swan, Teaser, and Over Head, this class: Strength will engage your whole body. You can also request an area or muscle focus such as Hamstrings, Glutes, and Triceps.

Circuit; Concentration, Flow

This group class will have you move around the Pilates Equipment room working on 3 Pilates Apparatus (**Reformer, Tower, Wunda Chair, Step Barrel, Jump board**) as well as utilizing the Pilates Props. Circuit will add an additional bonus to your Pilates Repertoire, channeling your concentration, control, and precision.

Run, Run, Run

This is Pilates with Heart! Pilates is all about health and keeping the body healthy. Run, Run, Run is Pilates with a Cardio Twist. In this class you will keep the Pilates repertoire, building endurance and strength, starting with a warm-up and leading into a 30 minute Cardio focus.

Functional Movement - Tower

Functional Movement will focus on our day to day movement. The basic essential of balance in our bodies, building strength between the bodies right and left sides to create equilibrium, stability and poise. Functional Movement will focus on our day to day movement. The basic essential of balance in our bodies, building strength between the bodies right and left sides to create equilibrium, stability and poise.

Additional Classes

Tower

Plank-ster

Strengthen & Lengthen

FloorWork Room

Mat, Bosu, Barre, Bodhi, Barrel

Foundation: Mat, Prop & Center

FloorWork Foundation will explain the foundation of the Pilates Repertoire and the Pilates' 6 Principles. Focusing on Breathing, Muscle engagement, and stretching. FloorWork classes are the most involved, it is just you and gravity.

After Moving

You will finish with a mindful meditation, centering and calming the mind.

Barre: Pilates, Yoga, Dance Emphasis

If you have never taken a Barre Class, this will set your standard. Barre is a mix of several Barre Certification that our instructor hold Barre Above, Total Barre, Balletone, Yoga Barre. Get ready to set up to the Barre and work your whole body, challenging your balance, control of movement, focus and concentration.

Stability - Bodhi Suspension

Awaken ! The Bodhi System is a 1, 2, 3, 4-point suspension system. You will start with the 1 - 2 point suspension to create the muscle memory and build strength. As you build strength, gain control, and stability, the level of complexity will increase as you build endurance.

Reform: Concentration

If you think you have to take reformer class the reformer think again ... Reform: Concentration is based on the Reformer Repertoire but you are on the mat. FloorWork classes are the most involved, it is just you and gravity.

Strength & Surrender ~Yoga

Warming up the body with gentle stretching and mindful movement flowing into 30 minutes of power flow, breathe to movement and core. Working up a sweat through our power sequence we will then begin to cool down and use props to support more restorative postures.

Additional Classes

Yoga Classes

Yoga Flow

Restorative Yoga

Deep Relaxation Yoga

LookSeeTRY!

First Group Class Free

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Limited Monthly Group Classes

Auto-Pay, 3 month commitment

30 Day Group Class Pass

Sorry, no rollovers.

Getting Started

\$50.00 5 Group Classes

Getting Stronger

\$90.00 10 Group Classes

Limited Monthly Group Class Packages

MUST be used in full within

30 Days

Sorry **No Roll Over**

Getting Confident

Auto-Pay, 3 month commitment

Unlimited

Group Classes

\$129.00

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Private Sessions

1 Private Sessions \$80.00

5 Private Sessions \$375.00

10 Private Sessions \$650.00

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Duet

\$30.00 per person

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State Sales Tax Applicable.