



Pilates Group Apparatus Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7 am					
8:30 am					All Levels – Kristin
9 am	All Levels - Kristin				
10 am		All Levels -Kristin			
12 pm		MS – Rose	MS – Kristin		
1 pm				MS – Rose	
2 pm					
5:00 pm			All Levels - Annalise		

Call (858) 457-8419 today to reserve your spot!

Comprehensive Therapy Services

Class Descriptions

Level 1 – Begin your path to Pilates with this fantastic class focusing on the fundamentals. This class is perfect for those new to Pilates or those returning after an injury or other time away from exercise. Enhance your strength and stability while maintaining flexibility utilizing Mat, Reformer, Chair, CoreAlign, Spine Corrector, Fluidity Bar, BOSU and Wall Unit. All biomechanical challenges are welcome!

Level 2 – Expand your Pilates training with Level 2! Take the knowledge of Pilates repertoire from Level 1 and add exciting modifications to challenge your core, balance and much more. This class will progress your strength and movements from Level 1 or would be a great option for the already active person. Be prepared for a quicker, circuit training atmosphere!

All Levels – A wonderful blend of Pilates fundamental exercises with advanced modifications when appropriate. A class that will keep you moving and push you toward more progress!

Cardio – No time for your morning walk or run? This class will increase your heart rate using the Reformer Jump Board and keep it up with a faster paced routine. Modifications can be made but please get clearance prior to participating in this higher level class. Bring a towel to wipe up your puddles!

MS – Pilates MS classes are specifically designed with an emphasis on balance, movement coordination and postural alignment. Utilizing the Pilates equipment and CoreAlign, this class focuses on the muscles to aide in gait mechanics, flexibility and upper body mobility. Rest breaks are taken as needed.

Class Prices

1 Class - \$30

10 Class Package - \$250

MS Class - \$10 for MS Society Members and \$20 for non-members

★ Each client must schedule a private Pilates session with any instructor prior to attending a group class

Welcome Pilates Group Package:

5 Privates & 5 Groups for \$360 (Regularly Price-\$475)

Discharge Pilates Group Packages:

5 Privates & 5 Groups for \$325 (Regularly Price-\$475)

10 Groups for \$200 (Regularly Price-\$250)