



PAINT CREEK PILATES STUDIO

PILATES TRAINING FEES



Members and guests are invited to join the Paint Creek Pilates Studio program. Everyone Must begin with an initial consultation where you will learn the basic principals of Pilates. You and your instructor can decide which format will best meet your needs.

Initial Consult \$35.00	<u>PER SESSION</u>	<u>5 SESSION</u>	<u>10 SESSION</u>
PRIVATE	\$49.50	\$247.50	\$445.50
SEMI-PRIVATE (per person)	\$31.50	\$157.50	\$292.50
<u>GROUP CLASSES (3 or more)</u>			
MAT	\$16.20	\$ 70.20	\$135.00
EQUIPMENT CLASS	\$23.40	\$102.00	\$196.00
REFORMER	\$30.60	\$135.00	\$256.50
CARDIO REFORMER	\$30.60	\$135.00	\$256.50

What are the benefits of Pilates?

- Builds core strength and stability
- Improves posture and alignment
- Increases flexibility, balance and coordination
- Improves muscular balance and strength
- Increases endurance and muscular tone
- Prevents injury and heightens body awareness
- Enhances athletic performance
- Relieves stress and back pain