

# PILATES ISLAND STUDIO

## *Prices and Packages*

### PRIVATE SESSIONS

INCLUDES MAT REFORMER CADILLAC AND CHAIRS

30 MINUTE	\$35	PRIVATE
30 MINUTE X 10	\$300	PRIVATE
1 HOUR	\$65	PRIVATE
1 HOUR	\$100	DUET
10 HOURS	\$600	PRIVATE
20 HOURS	\$1100	PRIVATE

### GROUP MAT CLASSES

INCLUDES MAT AND SMALL PROPS

3 MONTHS	\$350*	\$9/ CLASS
1 MONTH	\$130*	\$10/ CLASS
CLASS PASS **	\$125	\$12/ CLASS
DROP IN	\$15	\$15 / CLASS

\*\* DROP IN ANY TIME 10 TIMES

\*UP TO 3 CLASSES A WEEK

### GROUP REFORMER / CIRCUIT TRAINING

INCLUDES MAT TRX REFORMER CHAIRS AND SPINE CORRECTOR

7 PERSON MAX PER INSTRUCTOR

1 HOUR	\$25	QUARTET +
10 HOURS	\$225	QUARTET +

*The annual registration fee is \$50*