

## Class Schedule

(classes are one hour in duration)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5:30pm Mat I/II 6:30pm Reformer for newbies</p>	<p>5:30pm Reformer 7:00pm Muscle-ates</p>	<p>6:00pm Mat I/II 7:15pm*Meditation (first Wednesday of every month)</p>	<p>9:15am Reformer  6:00pm Reformer 7:05pm Mat II</p>		<p>7:15am Reformer 8:20am Reformer 9:30am Mat I/II *10:45am Pilates Fundamentals (Call Studio to pre-register)</p>

Check website for most up-to-date schedule updates [www.ThePilatesPlaceWeb.com](http://www.ThePilatesPlaceWeb.com)

### Group Pilates Classes

The Pilates method of training develops proper alignment of the body, a focused mind and overall increased strength. This non-impact movement is designed to increase flexibility, strengthen and balance muscles, improve posture and tone the body. Deep core muscles are activated and strengthened, the spinal column is lengthened and decompressed and the body exhibits greater balance, coordination, longer and leaner musculature and ease of movement. Our studio is proud to offer Pilates training at its best. Our classes are limited to five to eight participants where every client receives personal attention, modifications and variations to suit their abilities.

**\*Pilates Fundamentals** - Prior to beginning any group class program, participants are required to complete a Pilates Fundamental class (or one Private Session). During this class you will learn the fundamental movement principles of Pilates and how they apply to your Pilates practice. You will leave with a greater understanding of how the Pilates method is performed and confident that your program suits your personal physical capabilities. Health history and physical assessment is made during this session. Your health and wellbeing are important to us.

**Pilates Mat** - Pilates mat offers a comprehensive workout incorporating a series of exercises developed by Joseph Pilates. Props such as the Pilates ring and Slo-mo® balls are incorporated.

**Pilates Group Reformer** - We offer one of the most sought-after classes in the area. The Pilates Reformer will give you a one-of-a-kind workout! Tone, strengthen and lengthen your muscles on a unique, specialized, spring-resistant piece of apparatus. "Power Reformer" incorporates additional weight resistance segment. Since Reformer classes require additional training, *a minimum of one private session is required prior to participation.*

**Muscle-ates** - This class incorporates an innovative fusion of exercises that emphasize the use of the superficial musculature of the body (i.e. larger muscles) but uses the focus, safety and principles of the Pilates method within every exercise. Through the use of stability balls, resistance bands and light weights you'll work every muscle in your body. An established foundation in Pilates mat and/or Reformer classes is recommended. Class size is limited to seven participants. Please sign up one week in advance.

### Private and Semi-Private Sessions

**Private Sessions** - Private sessions enable you to focus on your specific needs with one-on-one attention. Sessions take place in the private studio using the Pilates Cadillac, Reformer, Chair, and Ladder Barrel. Private sessions are by appointment.

**Reformer Duets** - Two people, one instructor. The instructor designs a workout to accommodate the needs of both you and your partner. Reformer Duets are scheduled by appointment.

## Pricing

### Group Classes

**Pilates Fundamentals Class** 14

**Pilates Mat/Muscle-ates 5-Class Card**

75 (15/class)

(walk-in 18/class)

**Pilates Mat/Muscle-ates 10-Class Card**

140 (14/class)

**Pilates Reformer 5-Class Card**

110 (22/class)

(walk-in 25)

**Pilates Reformer 10-Class Card**

199 (19.90/class)

### Private and Semi-Private Sessions

**Private Sessions – by appointment**

One hour 60

Five Hour Package 275 (55/hr)

Ten Hour Package 500 (50/hr)

**Duets – by appointment**

One-hour session 74 (37 per person)

10% discount for package of 5 sessions

### Student Teacher Private Sessions

By appointment

One hour 50

Five Hour Package 225 (45/hr)

Ten Hour Package 400 (40/hr)

### **New to Pilates?** (New clients only)

**Introduction to Pilates** 199

(2 privates, 4 mat and 2 group reformer classes)

**Introduction to the Reformer** 145

(2 privates and 2 group reformer classes)

**Introduction to Mat Pilates** 145

(2 privates and 4 mat classes)

## Studio Hours

We are open Monday – Saturday for classes  
and private sessions  
(Private Sessions are by appointment)

Visit our beautiful studio in  
Olde Towne Perkasie!

101 North 5<sup>th</sup> Street

Perkasie, PA 18944

Phone: 215-219-6378

Email:

Ingrid.ThePilatesPlace@gmail.com

## Studio Policy

- Prior to joining any group class, participants are required to participate in a \*Pilates Fundamental Class or one private session.
- Class cards are valid for 90 days from date of purchase. Pilates Packages are valid for 6 months from date of purchase.
- Cancellations must be made 24 hours prior to class. Late cancellations or missed appointments will be charged.
- **Please remove shoes before entering the studio.**
- Bring a Pilates or yoga mat. Base mats are provided at the studio. Using your personal mat as a cover, is desirable.
- *Please silence cell phones during classes and private sessions.*

*Our gift certificates  
are the perfect fit*



*Where there's a workout for  
every body!*

## Class Schedule

Fall 2011

Learn more about Pilates  
and our Studio

[www.ThePilatesPlaceWeb.com](http://www.ThePilatesPlaceWeb.com)