



group class descriptions

BodyPure - an invigorating full body workout, with emphasis on the thighs, seat and abdomen - appropriate for all fitness levels, but come prepared for a challenge!

bootcamp - drills, calisthenics and....sweat!

BOSU* - mix it up using the BOSU trainer focusing on cardio, toning, increasing balance, and sculpting your body

cardio fusion - no-impact movement class designed to limber the body and offer cardio benefits- suitable for all levels

cardio mix - a blend of cardio styles to include bosu, weights, kickbox and calisthenics, finishing with abs

high step interval - cardio plus upper & lower body intervals with weights using slow step *shoes required

half and half - half reformer & half pilates mat class, a great combination & a great deal - same price as mat class! previous reformer experience & sign-up required - 6 people per class maximum

house blend - an exciting and challenging mix of workout genres - guaranteed a full body, 1.25 hr workout...dress to sweat!

method box - an integrated class using boxing, kicking and Lotte Berk techniques to achieve a great cardio and toning effect

pilates reformer - a series of exercises to strengthen and lengthen muscles with a focus on the core- utilizes the reformer- a spring based piece of equipment- 6 people per class maximum- sign-up required

basic - introduction to pilates reformer work- no previous experience required- mandatory before participating in an open level class - classes offered twice a month, please call to sign up

classical - slower paced class focusing on the principles of pilates, strengthening core & increasing flexibility

open - well paced class which may incorporate magic circle, band and ball- previous reformer experience required

intermediate - intensely paced class incorporating advanced movements and sequences- instructor approval required

pilates mat* - series of exercises to strengthen and lengthen muscles with a focus on the core- may utilize the circle, weights, band

R2 - BodyPure's own reformer revolution ups the intensity of pilates reformer work by incorporating other equipment while working muscles to their maximum exertion- all to motivating music- advanced- previous reformer experience required

reformer bootcamp - An intense combination of classic reformer moves mixed with strength and calisthenic moves off the reformer. Finished off with a yoga style stretch. Atten-hut!!!

super sculpt* - dynamic class utilizing the body bar, weights and ball to sculpt and tone the entire body

the hundreds - a full body sculpting class using 4 sets of 25 repetitions to achieve muscle endurance and definition

* (not currently offered)

non-group sessions

pilates private session - workouts are tailored to your specific needs and desires and may utilize the reformer, chair, trapeze table, barrels and mat- appointment necessary for this one-on-one session

pilates duet - sessions entail all of the work done in a private session but are for two people- appointment necessary

pricing

all cardio / sculpt / pilates mat / BodyPure / house blend

1 \$17.50 each

5 \$82 (\$16.40/ea.)

10 \$155 (\$15.50/ea.)

15 \$216 (\$14.40/ea.)

20 \$258 (\$12.90/ea.)

Student Pricing

1 \$12.50 ea

5 \$57 (\$11.40/ea)

10 \$103 (\$10.30/ea)

****ALL sales that are paid by CASH or CHECK will receive a 3% COURTESY DISCOUNT on the total amount due. (excludes Private sessions only)**

Reformer* / R2

1 \$25 each

5 \$118 (\$23.60/ea.)

10 \$227 (\$22.70/ea.)

15 \$325 (\$21.60/ea.)

20 \$412 (\$20.60/ea.)

Semi-Private

1 \$41 each

5 \$196 (\$39.20/ea.)

10 \$381 (\$38.10/ea.)

15 \$540 (\$36/ea.)

Private

1 \$70 each

5 \$325 (\$65/ea.)

10 \$600 (\$60/ea.)

15 \$825 (\$55/ea.)

Apprentice Private

1 \$41 each

*An Intro Reformer class must be taken before a regular Reformer class.

rules and regs

Proper attire must be worn in class- please wear pants, socks and keep midriff covered. Please arrive on time for all classes- for your safety, if you arrive more than 10 minutes late, you will not be allowed in class. Gum chewing during class poses a potential choking hazard and gum snapping can be distracting. Purses, cell phones, shoes, jackets and the like are not allowed in the class rooms- please leave them in a locker provided for your use. Please refrain from wearing heavy perfumes or colognes and be sure to wear deodorant and clean workout clothing for the benefit of yourself, as well as others around you. A 24 hour cancellation policy exists for all sessions. A package is required to hold a permanent spot in any class, if you have an "unlimited package" & miss 2 classes, your permanent spot will be given to the next on the list. Packages expire after 3 months and are **non-refundable and non-exchangeable**. No client may take more than 2 classes per day. We do not accept American Express/Discover credit cards.