



Pilates Reformer Classes Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:30 ✓/● Rebecca			
	8:00 ✓/● Ellen		8:00 ✓/● Ellen	8:00 ◆/◆ Jenny	
9:00 ✓/● Heather	9:00 ●/◆ Ellen	9:00 ✓/● Lindsay	9:00 ✓/● Rebecca	9:00 ●/◆ Lindsay	
10:00 ●/◆ Lindsay	10:00 ✓ Lindsay	10:00 ✓/● Lindsay	10:00 ●/◆ Ellen	10:00 ✓/● Lindsay	10:00 ✓/● Heather
11:00 ■ Leslie	11:00 ■ Karen			11:00 ■ Leslie	
12:00 ●/◆ Jenny		12:00 ●/◆ Jenny		12:00 ✓ Leslie	
4:30 ✓/● Lindsay	4:30 ✓/● Heather	4:30 ✓/● Lindsay	4:30 ✓ Terrilyn	4:30 ✓/● Heather	
5:30 ●/◆ Lindsay		5:30 ✓/● Lindsay	5:30 All levels Terrilyn Pilates for Men		
	6:00 All Levels Heather Flexibility for Men				

- **FUNDAMENTALS** For those just beginning Pilates or transitioning from Physical Therapy. Focus on core stabilization.
- ✓ **BASICS.** A step up from Fundamentals, advancing into more spinal mobility exercises.
- ✓/● **MEDIUM PACED** For those who have mastered the basics and want more challenge.
- /◆ **FAST PACED** For those ready & able to learn more advanced Pilates Reformer exercises.
- ◆/◆ Advanced-instructor's permission is required to join this class.

New clients are required to take a minimum of 5 privates before joining group Pilates Reformer classes. There is a 3 person minimum to hold Reformer classes - You will be notified the day before if class is cancelled.

PILATES TECHNIQUE & PERSONALIZED WEIGHT TRAINING (by appointment only) ❖ Classes & Semi-Privates are not meant for clients with acute pain or injuries.		
PRIVATE SESSIONS 1 session: \$70. 5 sessions: \$325. 10 sessions: \$625.	SEMI-PRIVATE SESSIONS (2-3 CLIENTS) 1 semi-private: \$45. (per client) 5 semi-privates: \$200. (per client) 10 semi-privates: \$350. (per client)	PILATES REFORMER CLASSES 1 class: \$20. 5 classes: \$90. 10 classes: \$165.
DIAGNOSTIC ULTRASOUND Includes: Evaluation of deep core stabilizers and home exercises: \$150.	GAME READY ICING SYSTEM One 15 minute session: \$10. Five 15 minute sessions: \$140.	JIN SHIN One session: \$65. Five sessions: \$300.
PHYSICAL THERAPY Insurance billing available. A benefit check is required prior to scheduling your first appointment at the front desk. A cash discount is offered for those not using insurance and is due the day of service.	THERAPEUTIC MASSAGE 1/2 hr: \$50. / 1 hr: \$80 1-1/2 hrs: \$120 DROP-IN FITNESS CLASSES First come, first serve basis 1 class: \$16. / 5 classes: \$75. 10 classes: \$130 One Month Fitness Class Pass: \$85	STUDIO POLICIES Out of consideration for others, please no perfume. Sessions expire 12 months after purchase date. A 24 hour cancellation is required for all sessions. You will be charged for missed sessions and last minute cancellations. (Mastercard & Visa accepted)
ROLFING - 1 session: \$105		

303.440.5776 Boulder Marriott Village, 2660 Canyon Blvd., Boulder, Colorado 80302