

What is Pilates ?

Pilates dramatically transforms the way your body looks, feels and performs.

The Pilates method is a low impact core conditioning program that creates strong & lean muscles while increasing posture, flexibility and co-ordination.

Pilates was developed by Joseph Pilates in the early 1900's.

"Pilates is the complete co-ordination of Body, Mind and Spirit "

- Joseph Pilates.

Benefits of Pilates Reformer .

Pilates helps you create a strong Mind & Body connection .

Strengthens your Core .

Develops Long lean muscles and increases your flexibility .

Strengthens your pelvic floor muscles .

Teaches you how to move efficiently .

Improves your Sport performance and prevents injuries .

Increases your circulation.

Reduces inflammation in your joints assisting with pain relief.

Reduces stress and improves overall well being.

Pilates can be adapted for all ages and levels of fitness.

**If you have any questions :
Please contact our**

**Wellness Director
Suzanne Sinclair Serratos**

**941 492 9622 ext 145
Or Email:
ssinclair@veniceymca.org**

The Sky Family YMCA-Venice. Fl

701 Center Road, Venice. Fl 34285

Pilates Reformer Training



941 492 9622

Information

Pilates Reformer Classes:

All classes are 55 min.

MUST schedule at front desk or with instructor to attend a class, max 5 people per class.

24 hour cancellation policy, else session will be forfeited.

Bookings accepted up to 1 hour prior to class if availability allows.

First Class Free !

Please Contact Wellness Director or front desk to schedule.

Class Packages :

MEMBERS

Drop in Rate: \$25

Pack of 4 : \$80

\$20/ Class

Pack of 8 : \$140

\$17.50/ Class

Pack of 12 : \$180

\$15/ Class

NON-MEMBERS

Drop in Rate: \$30

Pack of 4 : \$100

\$25/ Class

Pack of 8 : \$180

\$22.50/ Class

Pack of 12 : \$240

\$20/ Class

Packs of 1 or 4 expire 30 days from purchase date.

**Packs of 8 Expire 60 days from purchase date

**Packs of 12 expire 90 days from purchase date

Pilates Reformer Classes

Class Schedule :

Mondays:

8:30 am - Intermediate

9:30 am - Beginner

Wednesdays:

7:30 am - Intermediate/Advanced

5:30 pm—Beginner/Intermediate

Thursdays:

10:00 am - Intermediate

5:30 pm - Beginner/Intermediate

Fridays:

9:00 am - Beginner/Intermediate

****First Class Free.**

-Please sign up at front desk

****New classes coming soon !**

Effective from JULY 2ND, 2019

Private Pilates



Members

Private Pilates Reformer Sessions

All Sessions are 55 min

1 session = \$55

4 pack = \$200

8 pack = \$384

12 pack = \$540

Non-Members

Private Pilates Reformer Sessions

All Sessions are 55 min

1 session = \$65

4 pack = \$220

8 pack = \$424

12 pack = \$600

Members

Duet Pilates session: (2 people)

1 Session—\$35/person = \$70

4 Sessions—\$136/person = \$272

8 Sessions —\$264/person = \$528

12 Sessions—\$384 = \$768

Non-Members

Duet Pilates session: (2 people)

1 session—\$40/person = \$80

2 Sessions—\$39/person = \$312 (\$156 each)

4 Sessions—\$38/person = \$608 (\$152 each)

12 Sessions—\$37/person \$888 (\$444 each)

Sessions must be scheduled prior to arrival.

** Packs of 1 or 4 expire 30 days from purchase date.

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**Packs of 12 expire 90 days from purchase date

Concentration Centering

Control

Precision

Breath

Flow