



## PurePilates™ Program Descriptions Effective for session which begins 9-8-2009

**Brick Bodies Barre Fusion:** is a unique high energy-no impact class that fuses the principles of classical ballet, Pure Pilates™, resistance and isometric training as well as stretching. Experience an invigorating total body workout set to motivating music that includes upper-body conditioning followed by intense lower-body and core exercises performed in various positions using the ballet barre. Brick Bodies Barre Fusion method will transform your body resulting in power, physical grace and stamina. Come experience the fitness program inspired by celebrity trainers! Guaranteed to lengthen your thighs, lift your seat and flatten your belly!

**CorePilates:** a mat class for all levels which will challenge you by deepening your awareness of each movement as you progress from the basic level into more intermediate levels of sequential movements. May incorporate the Pilates circle and light weights.

**Pilates 101:** a beginner to intermediate class which delivers a foundation in mat work as well as basic Pilates moves on the reformer. You will experience improved posture, strength, range of motion and flexibility. Discover how Pilates can help you throughout your activities of daily living!

**Group Equipment:** a class for all levels utilizing all of the Pilates equipment for a complete systematic Pilates workout. This class will teach you the basics and beyond on the Reformer, Wunda chair and High Chair. You will feel stronger, longer and rejuvenated with this dynamic workout!

**Tower Classes:** is a class for all levels. This class incorporates basic principles of mat with a Tower, which provides spring resistance as well as assistance for each movement. This is a great class for reshaping those target areas such as the legs, arms and back. You will learn to stretch and improve your posture 'Pilates' style! **Tower II** is for participants who have completed at least one – 8 week Tower session plus has the approval of a Pilates trainer.

**Barre/Reformer or Barre/Mat:** combines the best of all worlds! Brick Bodies Barre Fusion PLUS either Reformer or CorePilates Mat allows you to explore a variety of fun ways to train. You will never be bored!

**Pilates Circuit:** This unique class is compiled up of all the mat, tower and reformer pilates exercises you know and love with music! Workout at various stations with mat, weights, props and the reformer to turn this workout into a fun, fat burning, body sculpting Pilates class!

**Private Pilates and Semi-private Pilates Sessions:** A customized workout on the mat and equipment with a certified Pilates instructor. This approach is highly recommended for the new client or the seasoned Pilates client to build a strong foundation and beyond in the Pure Pilates principles.

### PurePilates™ Pricing

<u>GROUP SESSIONS</u>	<u>Member</u>	<u>Non-Member</u>
<b><u>Brick Bodies Barre Fusion &amp; CorePilates/Mat (must be used end of 8 week session)</u></b>		
Eight classes=	\$89	\$129
Drop in fee per class=	\$15	\$20
<b><u>Group Equipment (must be used by end of 8 week session)</u></b>		
Reformer or Tower (1 X per week) =	\$189	\$229
Drop in fee per class =	\$26	\$30
<b><u>Pilates 101 (must be used by end of 8 week session)</u></b>		
8 classes =	\$149	\$179
<b><u>Introductory 3 pack*</u></b> = 3 privates for new clients only	\$189	\$229

**Register for more than one program (Barre Fusion, CorePilates Mat or Equipment) in an 8 week session and SAVE MONEY! Register for 2 programs and get 5% off. Register for 3 programs and get 10% off! (must be purchased at the same time)**

**\*\*Pilates and Barre Fusion sessions can now be purchased online!!\*\***

### PRIVATE SESSIONS

#### Single Sessions

Single 30 minutes =	\$45	\$55
Single 45 minutes =	\$65	\$75
Single 60 minutes=	\$75	\$85

#### Duet Sessions (per person)

1 Session	\$45	\$55
5 Sessions	\$215 (43/class)	\$265 (53/class)
10 Sessions	\$400 (40/class)	\$500 (50/class)
15 Sessions	\$570 (38/class)	\$720 (48/class)

### POLICIES:

24 hour notification is required to avoid charge for any missed sessions.

Make-up classes must be completed within the 8 week session for all class types. You may substitute 2 CorePilates mat or Barre Fusion classes for one Equipment based class. Exceptions must be approved.

Please complete a history form and sign the Pilates agreement.

No Refunds. Non-transferrable. Thank you.