

Pilates MindBody Studio Services

All sessions 55 minutes, by appointment or registration

PRIVATE & SEMI -PRIVATE TRAINING

New to Pilates?

Start with our private New Student Starter Package only \$129!

Receive a complete postural assessment & 3 private sessions.

The perfect way to start your Pilates practice!
\$159 non members

(Semi Private – 2 or 3 students)

Members:

Private: \$49, \$235 for 5, \$435 for 10
Semi Private: \$159 for 5, \$299 for 10

Non-Members:

Private: \$59, \$285 for 5, \$540 for 10
Semi Private: \$209 for 5, \$399 for 10



SMALL GROUP CLASSES

Pilates Essentials II

4 weeks, 2 times per week
Wednesday & Friday 9:10am

Deepen your Pilates practice learning intermediate and advanced level exercises with challenging sequences. In depth use of GTS, Arc Barrels, MVe Chairs, props and more.

6 students only
\$129 members, \$159 non members
Pilates experience required
Studio C
Teacher: Frankie Larsen

Pilates with Props

Thursday 6:30pm
4 weeks, 1 time per week

This multi-level mat class will tone your entire body! Challenge your core strength using arc barrels, foam rollers, toning balls, flex-bands, fitness circles and small props.

7 students only
\$60 members \$80 non members
Teacher: Summer Bagley
Studio C

[For all Group Class session dates email shelly@peakfitnessusa.com](mailto:shelly@peakfitnessusa.com)

Beginner Reformer & Tower

Saturday 10:30am
6 weeks, 1 time per week

Learn the fundamentals of Pilates on the reformer and tower. Cover the essential reformer repertoire and introduce exercises at a flowing pace. Improve muscle tone, increase joint mobility and strengthen your entire body in this 55 minute equipment class.

3 students only
\$129 members \$159 non members
Studio E
Teacher Deb Gille

Pilates Challenge

Monday 7:35pm
6 weeks, 1 time per week

Take your apparatus workout to a higher level and add a new dimension to your Pilates training. Improve your core stability, total body strength and flexibility while using GTS, MVe chairs, arc barrels and small props.

6 students only
\$129 members \$159 non members
Pilates experience required
Studio C
Teacher: Frankie Larsen