

**PSC Pilates/MindBody Personal Training,
an integrated approach to strength and flexibility.**

**Need to build muscular strength and tone?
Looking for increased flexibility and mobility?
Striving for freedom from back or joint pain?
Want to improve joint stability and balance?**



Our Pilates/MindBody training team is ready to help you reach your fitness goals!

Using integrative training methods, Peak Sports Club MindBody personal trainers recognize the connectedness of mind, body, and emotions and help you transcend limitations to realize your highest potential.

By incorporating Pilates, Yoga and many proven physical training methods in a friendly atmosphere, we help students connect to their inner strength, gaining confidence by improving alignment, muscular strength, flexibility, spinal viscosity, coordination and balance. Through improved self-awareness and physical fitness, we strive to help our students live happy, healthy, productive lives, free from pain!

Pricing for Pilates Apparatus Personal Training: Includes Reformer, Cadillac, Wunda Chair, Ladder Barrel and more!

Starter Package: complete postural assessment & 3 private sessions
Members \$129, non members \$159

Private and Semi Private Training: (semi private = 2 - 4 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 Training: 5 – 8 students

Gather a small group, and let us know what you are looking for. Our trainers will work with you and design a program that is convenient and effective!

In addition, we offer several small group classes; SilkSuspension Aerial Pilates, TRX Strength, TRX Yoga and Xtend Barre. *See our Suspension and Xtend Barre pages for details.*

PSC Pilates/MindBody personal trainers all hold accredited, nationally recognized certifications. Your trainer will develop a program that will help you reach your fitness goals effectively and safely, addressing your specific fitness needs and giving you guidance that will help keep you free from pain and feeling energized for all of your life's physical demands.

For more information please contact Michelle Gruner, shelly@peakfitnessusa.com

