

HEAD-TO-TOE TRAINING The Pilates Method

Membership Information

Training mind and body through core movement to gain optimal health and fitness.

*Fitness assessments
Strength and Flexibility
Body Composition
Thai/Yoga Therapy
Group Training
Personal Training
Cardio Training*

Offering Special Classes:

*Flowmotion
CoreABS!
PilatEASE!
Core Essentials
Overball
...and more!*



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PILATES ESSENTIAL

This membership includes all the scheduled walk-in classes plus usage of the Pilates apparatus and the cardio equipment. Not included: private training, semi-private (small group) or partner training. A complimentary orientation is included with payment of the enrollment fee.

Enrollment.....	49
Monthly with one year contract	39
Month-to-Month	49
Quarterly	149
Yearly	449

ULTIMATE CORE

This membership includes all the scheduled walk-in classes plus usage of the Pilates apparatus and the cardio equipment, and also the semi-private (small group) classes as available by appointment. A complimentary orientation session is included with payment of the enrollment fee.

Enrollment.....	49
Monthly with one year contract	65
Month-to-Month	79
Quarterly	249
Yearly	699

Corporate and family rates may be available for memberships.

**PEACEFUL AND RELAXING ENVIRONMENT!
ENCOURAGING AND MOTIVATING STAFF!**

“...it is the mind itself, which shapes the body.” - Joseph Pilates