

HEAD-TO-TOE TRAINING The Pilates Method

Training/Class 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!
PilatesEASE!
Core Essentials
Overball
...and more!*



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Open Group Classes

These classes do not require an appointment and are included in membership rates or purchased by guest cards. Please check current month's schedule for class times and types.

One class..... 18
Five classes..... 75
Ten classes..... 120
Twenty classes 200

Partner and Private Group

These sessions require an appointment and any cancellation must be done within 24 hours prior to the session to avoid charges.

Partner sessions - One session..... 60 per person
Ten sessions..... 529 per person
Twenty sessions 998 per person

Private Group - One session 29
Five sessions 135
Ten sessions..... 250

Personal Training

Individualized training utilizing the Pilates apparatus, cardio and physio props in one to one training sessions designed specifically to address and meet your fitness goals. All cancellations must be done within 24 hours prior to the session to avoid charges and are nonrefundable but transferable.

One session..... 80
Six sessions..... 428
Ten sessions..... 629
Twenty sessions ... 1149
Thirty sessions..... 1710

Thai Yoga Therapy

Bodywork leading the recipient through yoga postures while stimulating energy lines of the body.

One Hour 80
Two Hours 145