*Pilates private and small group sessions are at Pier Fitness Pilates located on College. Pricing for these sessions are outlined below.*

*Pilates mat classes are at Pier Fitness and included in your Pier Fitness membership. Pier Fitness is located on the corner of A and Walnut.*

**PRICING**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Quick Start - $125.00**  3 – 55-minute sessions. Required to participate in any group sessions. | **Group Package - $225**  10 – 60-minute sessions in small groups of up to 5 people. Price per person. | **Duet Package - $250**  10 – 60-minute sessions in 2-person groups. Price per person. | **Private Package - $350**  10 – 60-minute sessions with just the instructor. | **A La Carte Session - $50**  1 – 60-minute session with an instructor. |

**CLASS SCHEDULE**

Group classes (shown below) are limited to 5 participants per session so it is important you sign up in person or by calling 805.737.4604 prior to attending a scheduled class. Private Sessions with an instructor are by appointment only. 24-hour cancellation policy applies for all classes and private sessions. Failure to comply will result in you being charged in full for the session.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  | **GR Level 2**  6:45 AM – 7:45 AM  (Karin) |  | **GR Level 2**  6:45 AM – 7:45 AM  (Karin) |  |
| **GR Essential**  8:15 – 9:15 AM  (Karin) |  |  |  | **GR Essential**  8:15 – 9:15 AM  (Karin) |
| **GR Level 1**  9:30 – 10:30 AM  (Karin) |  | **GR Level 1**  9:15 – 10:15 AM  (Karin) |  | **GR Level 1**  9:30 – 10:30 AM  (Karin) |
| **GR Level 1**  6:00 – 7:00 PM  (Karin) |  | **GR Level 1**  6:00 – 7:00 PM  (Karin) |  |  |
|  |  |  |  |  |

**CLASS DESCRIPTIONS**

### ****GR Essential****:

These sessions focus on core movements that are essential to know and understand when using Pilates Reformer equipment. Each session will be tailored to the experience level of participants.

### GR Level I:

In these classes you will learn to perfect more advanced moves on the Pilates Reformer equipment. With each session you will strengthen your core muscles and increase flexibility through focused breathing sequences and stretching movements.

### GR Level 2:

In these classes you have perfected advanced moves on the Pilates Reformer equipment. With each session you will continue to strengthen your core muscles and flexibility through focused breathing sequences and stretching movements.

***NOTE: Please do not use any skin lotion, hair oil, perfume or cologne prior to class. Such items can damage the equipment and/or make it unsafe to use during movements that require balance.***