

the pilates loft

PRIVATE

One-on-one training on any combination of the mat/tower, reformer, wunda chair, cadillac, spine corrector, high chair, arm chair, pedi-pole, ladder barrel, or small barrel. **All private session packages must be used within 30 days of purchase date.**

DUET

Ideal for partners with similar fitness and experience levels who enjoy a small group setting. We recommend you find a partner, however when possible, we can pair you with an existing client. Training on any combination of the mat/tower and reformer. **Duet session packages must be used within 30 days of purchase date.**

TRIO

Groups of 3 participants with similar experience and fitness levels. A great way for friends to be active together. Training on mat and tower.

MAT/TOWER GROUP CLASS

Limited to 6 participants per class. Clients are placed in different level classes according to their abilities and physical limitations. Waitlists are available for all group classes. **All group class packages expire 3 months from purchase date.**

REFORMER GROUP CLASS

Limited to 4 participants per class. For your safety, these classes are designed for individuals who have a solid foundation of at least beginner/intermediate reformer at The Pilates Loft and require instructor approval prior to being authorized to sign up online. Please contact the studio if you are interested in reformer classes.

CANCELLATION POLICY

We require 24 hours notice for cancellations of all private, duet, trio, and class reservations. Late cancellations and no shows will result in full charge for the session or class.

HOURS OF OPERATION

Private, duet, and trio sessions are by appointment only, Monday through Sunday, and can be scheduled online or by calling the studio.

Exercise for a Lifetime

Give the gift of exercise with a gift certificate
from The Pilates Loft!

PRIVATE

Single Private Session	\$92
Package of 8 Private Lessons	\$680 / \$85 per lesson
Package of 12 Private Lessons	\$960 / \$80 per lesson

DUET

Single Duet Session	\$59 per participant
Package of 8 Duets	\$432 per participant (<i>\$54 per session, per participant</i>)

TRIO

Single Trio Session	\$49 per participant
---------------------	----------------------

PRIVATE GROUP CLASS

Single Private Group Class	\$35 per participant
----------------------------	----------------------

GROUP CLASSES

Single Mat Tower Group Class	\$33 per participant
Single Reformer Group Class	\$39 per participant
Package of 10 Reformer Group Classes	\$330 / \$33 per class
Package of 10 Mat/Tower Group Classes	\$280 / \$28 per class
Package of 15 Mat/Tower Group Classes	\$345 / \$23 per class
Flexible 15 Package*	\$465 / \$31 per class

** Flexible 15 Package may be used to reserve both Reformer and Mat/Tower group classes*

CLASS DESCRIPTIONS**MAT/TOWER GROUP CLASSES**

Level 1

Group class on mat and tower that focuses on the principles of Pilates. This class is designed to be the foundation for all Pilates work with an emphasis on form, precision, and control.

Level 2

This class is for clients who understand and can properly execute the basic principles of Pilates. This class will place more emphasis on control and smooth transitions between exercises.

Level 3

Group class geared towards the most experienced student. The most advanced exercises are introduced with a strong emphasis on flow to create a challenging workout.

REFORMER GROUP CLASSES

Level 1/2

Group class on the reformer for clients who have a solid foundation of at least beginner exercises and some intermediate level exercises on the reformer. Students are expected to know some terminology and be able to adjust the reformer independently.

Level 2/3

This class is for students who are proficient in at least the intermediate reformer system. Advanced exercises may also be introduced. Participants are expected to flow through transitions with minimal support.