

BODIES IN BALANCE

services

Private Sessions

Certified Instructor		\$70
	4-10	\$65 ea
	11+	\$60 ea

Certified Instructors have at least two years of teaching experience.

Senior Pilates Instructor		\$75
	4-10	\$73 ea
	11+	\$70 ea

Shelly Stephenson brings fifteen years of training experience to her clients.

<u>Therapeutic Massage</u>		\$70/hr
90-minute massage		\$90
KMI Structural Integration		\$95 ea

<u>Group Mat Classes</u>		\$15
Intro Pass <i>(two weeks unlimited for new clients)</i>		\$35

five classes	\$65
ten classes	\$120
30-day unlimited	\$75

<u>Pilates Duets</u>		\$45 ea
	4-10	\$43 ea
	11+	\$40 ea

<u>Reformer Trios</u>		\$30
	5-pack	\$140
	10-pk	\$250

Build your Pilates independence in these fun, fast-paced workouts! We ask that you complete at least 4 private lessons and recommend 10 before enrolling. Clients are strongly encouraged to take one private lesson a month to review form and personal fitness needs.

Must have instructor approval and be injury-free. Maximum of 3 students per class.

New to Bodies in Balance?

The **Foundation Training** is the best option for clients new to Pilates. During your first four private lessons you will be introduced to the Pilates fundamentals, including proper breathing and engagement of the core muscles. These sessions incorporate matwork as well as the Pilates equipment. These are personalized lessons, modified to your individual needs and goals. Group mat classes complete the introduction and contribute to an independent understanding of the form. Taught by fully certified instructors.

We recommend 2x/week. New clients only. Expires in 30 days.

Your first 4 private one-hour lessons **\$220**

Your first 2 weeks of group mat classes **\$35**

Studio Policies

--Payment is expected at the time that your reservations are made. We prefer cash or check payments, and also accept MasterCard & Visa.
 --We request reservations for all group mat and reformer classes.
 --Classes require a minimum of 2 students. In the event that only one student attends, we respectfully offer the option of a private mat or reformer session for the cost of two classes.
 --All regular packages expire 90 days from the first day of use. Special offers may have different expiration periods. Practice regularly so your pass doesn't expire! Partially used packages are not refundable, so it is best to plan your purchases accordingly.
 --Passes for class and private sessions are not transferable to other students.
 --Returned checks - There will be a \$25 charge for all returned checks.
 --Prices and policies are subject to change without notice.
 --In the event that any studio credit is applied to your account, it will remain on your account for 30 days.
 --To avoid charge, please give 24 hour notice for cancellations. We are very strict on this policy, as we must pay our instructors for their time. Monday appointments must be changed by noon the previous Saturday. This policy applies to all reservations, whether for private or group sessions.
 --We do not accept e-mail cancellations. If you're uncertain about an upcoming appointment, it is sometimes best to cancel on time and call on the date to check for last minute openings. We appreciate your cooperation in honoring this policy.

