

### Private and Semi-Private Training

If you are new to pilates, the best way to get started is to take advantage of our \$45 Introductory Session. This 50 minute private session will acquaint you with the fundamental concepts of pilates. During your introductory lesson, you and your instructor will discuss your past health and fitness history, your goals and assess your physical capabilities in order to provide you with a personalized program.

After the introductory session, students generally enter the Reach Pilates program through a series of 5-10 private sessions. Thereafter, students may choose to continue with private or semi-private training or join an 8-week session class. Please call 650-289-9459 to schedule an appointment.

#### Private and Semi-Private Training Rates

Number of Students	1 Session	5 Sessions	10 Sessions
Single	\$105	\$480	\$925
Duet*	\$68	\$305	\$590
Trio*	\$63	\$280	\$550
Quartet*	\$50	\$240	\$450

\* Cost is Per Person

#### 8-Week Class Program

Reach Pilates Studio offers small-group (5 person maximum), apparatus based classes on an 8-week session basis. Prior to joining a group class students must complete a series of private sessions in order to learn the fundamentals of the pilates method. This prerequisite is to ensure students work safely and correctly on the equipment and gain maximum benefit from their workout.

8-week Class Program	8 Weeks	Drop In
Class Cost	\$360	\$50

8-week MAT Class Program	8 Weeks	Drop In
Class Cost	\$200	\$30

### Pilates Mat Classes (drop-in)

The 8 Week Mat Class Program is also offered at Reach Pilates Studio 2 times per week. They are opened to the public on a drop in basis or in 8 week sessions, but previous pilates experience is recommended.

#### Class Schedule January 27 - March 22, 2020

Monday		
8:00 AM	Level 3-4	Grace
11:00 AM	Level 2	Tatjana
6:00 PM	Level 3	Elaine
Tuesday		
8:00 AM	Level 3	Darlene
9:00 AM	Level 3	Darlene
10:00 AM	Level 3-4	Darlene
11:00 AM	Level 2-3	Darlene
12:00 PM	Level 2	Darlene
5:30 PM	Level 3	Grace
Wednesday		
7:00 AM	Level 3	Marian
11:00 AM	Level 2	Tatjana
5:30 PM	Level 3	Elaine
Thursday		
8:00 AM	Level 2-3	Darlene
9:00 AM	Level 3-4	Marian
9:00 AM	Level 3-4	Darlene
10:00 AM	Level 3	Marian
5:30 PM	Mat Level 3	Darlene
6:30 PM	Restorative Mat	Grace
Friday		
7:00 AM	Level 3	Marian
8:00 AM	Level 4	Marian
9:00 AM	Level 4	Marian
10:00 AM	Level 3	Marian
Saturday		
8:30 AM	Mat Level 3-4	Marian
9:30 AM	Level 2	Elaine
10:30 AM	Level 3-4	Marian
Sunday		
8:30 AM	Level 3-4	Marian
9:30 AM	Level 3	Marian
2:00 PM	Level 2-3	Marian