

### 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 for Members

| Number of Students | 1 Session | 5 Sessions | 10 Sessions |
|--------------------|-----------|------------|-------------|
| Single             | \$90      | \$430      | \$810       |
| Duet*              | \$161     | \$290      | \$550       |
| Trio*              | \$56      | \$265      | \$500       |
| Quartet*           | \$48      | \$235      | \$430       |

#### Private and Semi-Private Training Rates for NON-Members

| 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.

Classes may not be appropriate for all students, especially students dealing with chronic or acute injuries.

Please speak with an instructor, call the studio 650-289-9459 or email [deasterling@reachfitness.com](mailto:deasterling@reachfitness.com) for a more detailed explanation.

#### 8-week Class Program

| Class Cost  | 8 Weeks | Drop In |
|-------------|---------|---------|
| Members     | \$317   | \$45    |
| NON-Members | \$360   | \$50    |

#### 8-week MAT Class Program

| Class Cost  | 8 Weeks | Drop In |
|-------------|---------|---------|
| Members     | \$120   | \$20    |
| NON-Members | \$160   | \$25    |

### Pilates Mat Classes (drop-in)

Pilates mat classes are offered four times a week and are held at Reach Fitness Club at 707 High St. All mat classes at Reach Fitness Club are open to the public on a drop-in basis, and all levels are welcome. Mat classes are free for members and \$20 for non-members.

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 8 - March 4, 2018

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