

### 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	\$75	\$365	\$700
Duet*	\$51	\$245	\$470
Trio*	\$47	\$225	\$430
Quartet*	\$40	\$195	\$380

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

Number of Students	1 Session	5 Sessions	10 Sessions
Single	\$95	\$435	\$860
Duet*	\$60	\$270	\$530
Trio*	\$56	\$250	\$490
Quartet*	\$45	\$205	\$400

\* 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	\$264	\$40
NON-Members	\$312	\$45

#### 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 May 2 - June 26, 2016

Monday		
7:00 AM	Level 2	Darlene
8:00 AM	Level 3	Darlene
9:00 AM	Level 3	Darlene
10:00 AM	Level 3-4	Darlene
12:00 PM	Level 2	Kathleen
3:00 PM	Level 3	Darlene
5:30 PM	Level 3	Elaine
6:30 PM	Level 3	Elaine
Tuesday		
7:00 AM	Level 3	Darlene
9:00 AM	Level 2	Darlene
10:00 AM	Level 3	Darlene
11:00 AM	Level 3	Darlene
12:00 PM	Level 2-3	Kathleen
5:30 AM	Level 3	Kathleen
6:30 PM	Level 2	Kathleen
Wednesday		
7:00 AM	Level 2	Darlene
8:00 AM	Level 3-4	Darlene
9:00 AM	Level 3-4	Darlene
10:00 AM	Level 3-4	Darlene
3:30 PM	Pre-Teen Level 2	Darlene
4:30 PM	Pre-Teen Level 2	Darlene
5:30 PM	Level 3	Darlene
6:30 PM	Mat Level 2-3	Darlene
Thursday		
7:00 AM	Level 3	Erin
8:00 AM	Level 2	Erin
9:00 AM	Level 3	Erin
9:00 PM	Level 3-4	Marian
10:00 PM	Level 2	Marian
12:00 PM	Level 3	Kathleen
5:30 PM	Level 3	Darlene
6:30 PM	Level 2	Darlene
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
3:00 PM	Level 3-4	Marian
5:00 PM	Level 3	Marian
Saturday		
8:30 AM	Mat Level 3	Marian
9:30 AM	Level 3	Marian
10:30 AM	Level 3-4	Marian
Sunday		
8:30 AM	Level 4	Marian
9:30 AM	Level 3	Marian
10:30 AM	Level 3	Marian





