



www.abdalakeoswego.com

503.381.3281

PILATES & FITNESS CLASSES ~ 2019 WINTER TERM

NO MEMBERSHIP FEES. All sessions are discounted.

Drop-In rate per class to be paid in advance: 1 - 1¼ hrs. = \$20; 1½ – 2 hrs. = \$25.00

Take a 5% discount when registering for 2 classes/week. Gift Certificates Available.

Please let us know when you've referred a friend so we can thank you for your referral with a special gift.

PILATES MAT CLASSES

Mat Classes Taught by Stott Pilates Certified Instructors. Mat Classes are 55 minutes in length.

PILATES ESSENTIAL MAT: Achieve the health benefits of Pilates as you perform the basic principles and essential exercises on the mat. Improve your core strength and flexibility while correcting imbalances. Beginners welcome.

Wednesday 1/9-2/13	Teen/Adult	10:15 am	\$102 (6-wks)
Wednesday 2/20-3/20	Teen/Adult	10:15 am	\$85 (5-wks)

GET IN SHAPE WITH ADDITIONAL FITNESS CLASSES

ESSENTIAL BALLET: Ideal for “resumers” and those who haven’t danced in decades. Build strength and technique at the barre while improving body alignment and coordination. A versatile class with combinations scaled to accommodate the student’s skill level. The perfect class for musical theater and dance team students.

Thursday 1/10-2/28	Teen-Adult	7:35-8:45 pm	\$154/term-8 weeks
Thursday 3/7-5/9 No Class 3/21 & 3/28	Teen-Adult	7:35-8:45 pm	\$154/term-8 weeks

PRIVATE, SEMI-PRIVATE & SMALL GROUP CLASSES

Reformer and Mat Pilates classes are available by appointment. Please call or email to schedule.

There is a *2 month expiration* on 4 class packages and a *4 month expiration* on 8 class packages. All semi-private and group package fees are per person.

New Students: A one hour consultation is required for all new students. This session will include a postural analysis and an introduction to the basics of Pilates. This will help you and your instructor develop a program that is ideally suited for you.

Fee is \$70.

NEW STUDENT INTRODUCTION PACKAGE: Your first 4 private Pilates classes are only \$240!

New students only - One time use.

This is a great way to gain an understanding of the principles of Pilates and learn a series of exercises on the mat and/or Reformer. Pilates equipment is provided.

PRIVATE CLASSES: Pilates Mat and/or Reformer

A 55 minute one-on-one session with a certified instructor. A workout will be specifically designed for your needs and personal goals. Pilates equipment provided.

- Single Class \$70
- Package of 5 is \$325
- Package of 10 is \$650

SEMI-PRIVATE: Pilates Mat and/or Reformer

A 55 minute session with you and another person. Bring a friend or ask for assistance in finding a partner. Pilates equipment provided.

- Single Class \$50 (per person)
- Package of 5 is \$225 per person
- Package of 10 is \$450 per person

SMALL GROUP: Pilates Mat and/or Reformer

(3-4 private Reformer lessons required first due to the individualized nature of Reformer exercises.)

A 55 minute group session (3-4 students) with a certified instructor. Pilates equipment provided.

- Single Class \$40 (per person)
- Package of 5 is \$175 per person
- Package of 10 is \$350 per person

POLICIES

24 hour notice to main office is required to cancel or reschedule Private, Semi-Private and Small Group classes. Clients will be charged the full price of their session for all late and missed appointments. All payments are due in advance. Due to scheduling commitments, we cannot run appointments overtime. Semi-Private & Group mat and/or Reformer classes may be upgraded when one or more clients are absent. Ask about cost differences.