



Pilates By M.J., Inc.

A Certified Original Pilates® Studio
 10724 Wiles Road, Coral Springs, Florida 33076
 www.pilatesbymj.com (954) 227-2123
 Schedule Effective May 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	Mat		Mat	Tower & Chair	Yoga-Sculpt	Burn-N-Firm	
9:30 AM		Intro to Equipment (30 min)					Circuit
10:30 AM	Reformer & MVE Chair	Yoga	MVE Chair	Pilates Ballet <i>Barre</i> Fusion	Firm It Up (sculpting)		
6:00 PM	Triple-Threat	MVE Chair	Tower & Chair				
7:00 PM			Pilates Ballet <i>Barre</i> Fusion	Burn-N-Firm			

FEE SCHEDULE

MAT CLASS:

\$25 per session
 \$20 each for 10 class series (\$200)
 \$15 each for 20 class series (\$300)

PRIVATE INSTRUCTION:

\$85 per session
 \$80 each for 10-session series (\$800)
 \$50 ½ hour session
 (above prices for in studio sessions only)

SEMI-PRIVATE INSTRUCTION:

\$60 per session (per person)
 \$55 each for 10-session series (\$550)

TOWER, REFORMER & MVE CLASS:

\$40 per session
 \$30 each for 10-session series (\$300)

CLASS DESCRIPTIONS

(*ALL CLASSES ARE 55 MINUTES EXCEPT EQUIPMENT CLASSES WHICH ARE 50 MINUTES)

Mat: A series of controlled exercises using your body for resistance performed on the mat.

Tower, Reformer & MVE Chair Equipment Class: Exercises using specialized Pilates resistance equipment for shaping and toning.

Firm It Up: Pilates Mat & body sculpting with hand weights all in one class. A complete body workout!

Yoga: Hatha Style. Challenging your strength, flexibility & balance. Calmness of the mind, body and soul.

Yoga Sculpt: A combination of two disciplines (Yoga & Body Sculpting with hand weights).

Circuit Sunday™: 20-20-20 minutes of mat, yoga & sculpting using small apparatus (magic circle & bands)

Triple-Threat: A series of hardcore exercises utilizing all studio equipment (reformer-tower-mve chair).

Burn-N-Firm: You will sweat to this high energy striptease, sculpting & kick boxing workout while getting muscle definition you've always dreamed of!

Pilates Ballet Barre Fusion: A class derived from two classical art forms (Pilates & Ballet) to create the sleek body you have always dreamed of.

- *Schedule & Prices Subject to Change.
- *All Classes/Sessions are By Appointment Only. Classes start and end on time.
- ***24-HOUR NOTICE REQUIRED FOR CANCELLATION OR SESSION WILL STILL BE CHARGED TO CLIENT**
- *Minimum of 3 clients per class or class will be canceled.
- *In order to optimize your results, it is recommended you train in Pilates at least 2-3 times per week.
- *Private and Semi-Private Sessions cannot be deducted from class packages.
- *In order to book an individual class (not using a package) payment must be received in advance.