

Passport Pilates Menu of Services - Hampstead

Essential Introduction

At Passport Pilates Studio, we provide our clients with a complimentary Essential Introduction Class to *The Pilates Method*. The Essential Introduction Pilates Class is designed to teach you the fundamentals of *The Pilates Method* (language, movements, breathing and body alignment). After completing one Essential Intro Class, you will begin to understand how to maximize benefit from your workouts.

We will then offer you two complimentary classes so you can get a feel for a Pilates Reformer workout. There are many purchasing options listed below including our "Smart Start" for new clients only. Our services can be purchased on a Session or Membership Basis.

Smart Start

New to Pilates ? Begin your Pilates experience with Two Private Sessions and Two Group Reformer Classes. \$125. Must be used three weeks from date of purchase. One time purchase for new clients only.

Fall 2010 Private Training Special

<u>Private</u>		<u>Duet</u>	
6-14 Sessions	\$ 45. per session	6-14 Sessions	\$ 30. per person per session
15-20 Sessions	\$ 40. per session	15-20 Sessions	\$ 25. per person per session

Sessions expire 12/15/2010. Non-refundable. Non-transferrable. Special price effective for a maximum of 20 sessions and will be available with participating instructors only.

Pure Pilates

Pilates Group Classes on the Reformer

"In 10 sessions you will feel the difference, In 20 you will see the difference, and In 30 you'll have a whole new body."
Joseph Pilates

10 Sessions			\$25. / class
For maximum benefit we recommend at least twice a week. Sessions expire 7 weeks from date of purchase.	1 10	Essential Pilates Intro Class Small group reformer, tower or MAT classes	
20 Sessions			22. / class
For maximum benefit we recommend at least twice a week. Sessions expire 12 weeks from date of purchase.	1 20	Essential Pilates Intro Class Small group reformer, tower or MAT classes	
30 Sessions			18. / class
For maximum benefit we recommend at least twice a week. Sessions expire 17 weeks from date of purchase.	1 30	Essential Pilates Intro Class Small group reformer, tower or MAT classes	

Passport Pilates Membership Options

Pilates for Life

TWO Reformer Classes per week

\$ 120./month

\$18. per class for additional classes

Monthly fee paid by EFT or CC

One year commitment

Pilates for Life

THREE Reformer Classes per week

\$ 165./month

\$18. per class for additional classes

Monthly fee paid by EFT or CC

One year commitment

Whole New Body

UNLIMITED....\$285./ month 6 month commitment

Private Training

Private

1 Session \$ 75.

6 Sessions 60.

12 Sessions 50.

Duet

1 Session \$ 50. per person per session

6 Sessions 40. " "

12 Sessions 30. " "

Drop-In

\$30. per Reformer Class

Cardio Punch Cards:

10 Cardio Classes _____ \$60. 20 Cardio Classes _____ \$100. 30 Cardio Classes _____ \$120.

No Hampstead Classes on the following weeks: NH School Vacations...Christmas/New Year's (1 week), February (1 week), April (1 week). Closed Thanksgiving Weekend, Memorial Day Weekend, July Fourth Weekend, Labor Day Weekend. August classes held on an individual sign-up basis.

All pricing effective June 1, 2010.

Two Main Street

Hampstead, NH 03841

www.passportpilates.com

978-688-0100

567 Chickering Road

North Andover, MA 01845

passportpilates@comcast.net