

# North Andover Passport Pilates Menu of Services

## 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

Private		Duet	
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. Cannot be combined with other offers.

## Pure Pilates

### Pilates Group Classes on the Reformer, Tower of Power & Mat

**"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 per week.	1	Essential Pilates Intro Class
Sessions expire 7 weeks from date of purchase.	10	Small group reformer, tower or MAT classes

#### **20 Sessions** **22. / class**

For maximum benefit we recommend at least twice per week.	1	Essential Pilates Intro Class
Sessions expire 12 weeks from date of purchase.	20	Small group reformer, tower or MAT classes

#### **30 Sessions** **18. / class**

For maximum benefit we recommend at least twice per week.	1	Essential Pilates Intro Class
Sessions expire 17 weeks from date of purchase.	30	Small group reformer, tower or MAT classes

# *Passport Pilates Membership Options*

## **Pilates for Life**

**TWO** Reformer / Tower Classes per week.

145./month with One year commitment  
\$18. per class for additional classes  
Studio closed three weeks per year.

## **Pilates for Life**

**THREE** Reformer / Tower Classes per week.

205./month with One year commitment  
\$18. per class for additional classes  
Studio closed three weeks per year.

## **Whole New Body**

### ***UNLIMITED....***

Reformer, Tower, Mat / Floor Classes  
**\$325./ month 6 month commitment**  
Studio closed three weeks per year.

## **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

### **All pricing effective January 1, 2010.**

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