

Passport Pilates ∞ Hampstead

Menu of Services

Essential Introduction

At Passport Pilates Studios, we provide our clients with a complimentary Essential Introduction Class to The Pilates Method. The Essential Introduction is designed to teach you the fundamentals of The Pilates Method (language, movements, breathing & body alignment). After completing one Essential Introduction, 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. Our services can be purchased on a Session or Membership Basis.

Getting Started

Wondering how to get started in Pilates Reformer Classes? Once you've completed your Introduction and/or two complimentary classes, you may choose one of the three options below. These fulfill the prerequisite for joining our ongoing "All Level" Reformer Classes:

Private or Duet Sessions

Six private sessions \$65. per session
Six duet sessions \$40. per person per session

Smart Start

Begin your Pilates experience with Two Private Sessions and Four Level One Classes. Must be used four weeks from date of purchase. \$200.

Level One Classes

If you choose to start with group classes, a minimum of 12 Level One classes meet the prerequisite to attend our ongoing "All Level" reformer classes.

Pilates Group Classes on the Reformer

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

10 Sessions		\$25. / class
For maximum benefit we recommend at least twice per week. Sessions expire 7 weeks from date of purchase.	10	50 minute classes Small group reformer classes
20 Sessions		22. / class
For maximum benefit we recommend at least twice per week. Sessions expire 12 weeks from date of purchase.	20	50 minute classes Small group reformer classes
30 Sessions		18. / class
For maximum benefit we recommend at least twice per week. Sessions expire 17 weeks from date of purchase.	30	50 minutes classes Small group reformer classes

Passport Pilates Studio
Hampstead Membership Options

Pilates for Life

TWO Reformer Classes per week (88 classes)
One complimentary TRX 30 or Barre class per month.

120./month with One year commitment
\$18. per class for additional classes

Pilates for Life

THREE Reformer Classes per week (132 classes)
One complimentary TRX 30 or Barre class per month.

165./month with One year commitment
\$18. per class for additional classes

Studio closed five weeks per year.

Whole New Body

UNLIMITED....

Reformer, Tower, Mat, TRX & Barre Classes

\$275./ month 3 month commitment

Studio closed five weeks per year.

Lunch Time or Tea Time Pilates

Enjoy our "non-peak" class rates...12 week sessions, twice weekly (24 classes) for \$250.

Private Pilates , TRX or Barre Training

Private

1 Session \$ 70.

6+ Sessions 65.

Duet

1 Session \$ 45. per person per session

6+ Sessions 40. " "

Drop-In

\$30. per Reformer Class

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.

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All pricing effective November 1, 2011.

