

# Passport Pilates ∞ North Andover

## 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, Tower of Power & Mat

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

<b>10 Sessions</b>		<b>\$25. / class</b>
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, tower or mat classes
<b>20 Sessions</b>		<b>22. / class</b>
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, tower or mat classes
<b>30 Sessions</b>		<b>18. / class</b>
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, tower or mat classes

# *Passport Pilates Membership Options*

## **Pilates for Life**

**TWO** Reformer Classes per week (98 classes)  
*One complimentary TRX30 or Barre Class per month.*

**145./month with One year commitment**

Studio closed three weeks per year.

## **Pilates for Life**

**THREE** Reformer Classes per week (147 classes)  
*Two complimentary TRX30 or Barre Classes per month.*

**205./month with One year commitment**

Studio closed three weeks per year.

## **Whole New Body**

***UNLIMITED....***

Reformer, Tower, Mat, TRX & Barre Classes  
**\$275./ month 3 month commitment**  
Studio closed three 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

## **TRX- Reformer 50**

50 Minutes...Same rate as Pilates Equipment Classes

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Hampstead, NH 03841

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**All pricing effective November 1, 2011.**

