

Classes

25 minute		
Drop-in		\$18
4-session (6 week exp.)		\$60
8-session (10 week exp.)		\$114
12-session (14 week exp.)		\$162
50 minute		
Drop-in		\$33
4-session (6 week exp.)		\$114
8-session (10 week exp.)		\$217
12-session (14 week exp.)		\$308
65 minute		
Drop-in		\$38
4-session (6 week exp.)		\$142
8-session (10 week exp.)		\$270
12-session (14 week exp.)		\$383

Private Sessions

	Valentin	Staff
50 minute		
Drop-in	\$85	\$75
4-session (6 week exp.)	\$315	\$275
8-session (10 week exp.)	\$599	\$522
12-session (14 week exp.)	\$850	\$743
25 minute (40% discount off 50-minute private rate)		
Drop-in	\$50	\$45
4-session (6 week exp.)	\$189	\$165
8-session (10 week exp.)	\$359	\$313
12-session (14 week exp.)	\$510	\$445

Semi-private Sessions

Duet - 50 minute (30% discount off private rate per person)		
Drop-in	\$60	\$53
4-session (6 week exp.)	\$220	\$193
8-session (10 week exp.)	\$419	\$365
12-session (14 week exp.)	\$595	\$519
3 person/small group - 50 minute		
Drop-in	\$47	\$43
4-session (6 week exp.)	\$167	\$154
8-session (10 week exp.)	\$318	\$291
12-session (14 week exp.)	\$452	\$414

- Any appointments which are cancelled without 24-hour advance notice (or "no-show"), will be charged the full rate
- 10% discount for students (up to age 18) and seniors (age 65 and over)
- One-time \$35 enrollment fee for all new clients
- 3% surcharge on all credit card transactions
- 10% surcharge per private or semi-private session with Valentin before 8:00 am or after 6:00 pm weekdays
- A class may be cancelled due to low enrollment

NEW - Starting January 1, we will be offering a special package of 4 classes for \$99!
Attend 4 classes within a month for only \$99

Classes must be used within the month — "use it or lose it!"

Make-ups may be allowed if there is room, and the student is qualified to attend the class

Eligible classes are marked on the schedule with \$

Pilates Body by Valentin

Class Schedule

Effective July 1, 2009

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 AM			Contemporary Reformer *				
7:30 AM						<i>BLAST Rock-Roll and Release</i>	
8:00 AM						Contemporary Reformer * \$	
8:30 AM	<i>BLAST Waist Away</i>						
9:00 AM	Circuit * (50 min)	Pilates for Seniors		Pilates for Seniors	Circuit * (65 min)	Reformer/ Barrel	
10:00 AM							
11:00 AM	<i>BLAST I Can't Bare My Arms</i>						
11:30 AM	Chair * (25 min)		<i>BLAST Waist Away</i>				
12:00 noon	Contemporary Reformer *		Contemporary Reformer *				
12:30 PM					Traditional Reformer \$		
1:00 PM							
4:30 PM	<i>BLAST Great Balls of Fire</i>						
5:00 PM	Traditional Reformer			Strictly Men - Beginning*			
5:30 PM	<i>BLAST I Can't Bare My Arms</i>	<i>BLAST Target and Tighten this Tail</i>					
6:00 PM	Circuit * \$ (65 min)	Traditional Reformer * \$					
6:15 PM			Beginning Reformer \$				

\$ = 4/\$99 classes (see reverse for details)

BLAST = Summer Blast - unlimited 25-minutes classes for \$99 during the month of July, 2009 (see website for more information)

* Pre-requisites for these classes (students who do not meet the pre-requisites must have prior management approval):
Students must have previously completed four sessions of Traditional Reformer.

Class schedule subject to change based on enrollment

See our website for class descriptions.