

Classes

25 minute		
Drop-in		\$21
4-session (6 week exp.)		\$66
8-session (10 week exp.)		\$122
12-session (14 week exp.)		\$179
50 minute		
Drop-in		\$36
4-session (6 week exp.)		\$124
8-session (10 week exp.)		\$236
12-session (14 week exp.)		\$336
65 minute		
Drop-in		\$41
4-session (6 week exp.)		\$155
8-session (10 week exp.)		\$295
12-session (14 week exp.)		\$419

Private Sessions

	Valentin	Staff
50 minute		
Drop-in	\$90	\$80
4-session (6 week exp.)	\$335	\$292
8-session (10 week exp.)	\$635	\$554
12-session (14 week exp.)	\$900	\$788
25 minute (40% discount off 50-minute private rate)		
Drop-in	\$54	\$48
4-session (6 week exp.)	\$201	\$170
8-session (10 week exp.)	\$381	\$332
12-session (14 week exp.)	\$540	\$473

Semi-private Sessions

Duet - 50 minute (30% discount off private rate per person)		
Drop-in	\$63	\$56
4-session (6 week exp.)	\$235	\$204
8-session (10 week exp.)	\$445	\$388
12-session (14 week exp.)	\$630	\$552
3 person/small group - 50 minute		
Drop-in	\$50	\$45
4-session (6 week exp.)	\$177	\$164
8-session (10 week exp.)	\$338	\$309
12-session (14 week exp.)	\$470	\$439

- 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% discount on all cash/check 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
- No class for single attendee; you can elect to have a "private session"

NEW - Starting January 1, we will be offering special group rate packages that are valid only during the calendar month. Attend all classes within the package for a reduced price. CLASSES MUST BE USED WITHIN THE MONTH AND CANNOT BE CARRIED INTO THE NEXT MONTH. You can attend a single class for the drop-in rate and the class cannot count toward any regularly scheduled package.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 AM			Advanced Apparatus CLOSED				<i>Check website for current special classes</i>
8:00 AM						Contemporary Reformer * (50 min)	
8:30 AM	<i>BLAST Better Your Backside</i>		<i>BLAST TH'ASS™</i>		<i>BLAST Great Balls</i>		
9:00 AM	Circuit * (50 min)	<i>BLAST Mat 'n' More</i>	Traditional Reformer (50 min)		Circuit * (65 min)	Reformer/ Barrel (65 min)	
9:00 AM						<i>BLAST TH'ASS™</i>	
9:15 AM	Pilates for Seniors (40 min)		Pilates for Seniors (40 min)				
9:30 AM		<i>BLAST TH'ASS™</i>					
10:00 AM							Beginner Mat/ Reformer [§] (50 min)
11:30 AM	Mat/Props (25 min)		Spine Corrector (25 min)				
12:00 noon	Contemporary Reformer/ Tower ** (50 min)		Contemporary Reformer/ Tower ** (50 min)				
5:00 PM	Traditional Reformer (50 min)		Men's Advanced Cycle Circuit CLOSED				
6:00 PM	Circuit * (65 min)		Circuit * (65 min)	Advanced Apparatus CLOSED			
6:15 PM	<i>BLAST Master the Mat</i>						

* 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.

** Students must have previously completed 6 months of Reformer/Tower

§ Special package, 4/\$99

BLAST = Summer Blast - 25-minutes classes, 9 for \$99 during the months of June, July, August 2010 (see website for more information)

Class schedule subject to change based on enrollment

See our website for class descriptions.