

### Classes

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

### Private Sessions

	Valentin	Staff
50 minute		
	Drop-in	\$90
	4-session (6 week exp.)	\$335
	8-session (10 week exp.)	\$635
25 minute (40% discount off 50-minute private rate)		
	Drop-in	\$54
	4-session (6 week exp.)	\$201
	8-session (10 week exp.)	\$381

### Semi-private Sessions

Duet - 50 minute (30% discount off private rate per person)		
	Drop-in	\$63
	4-session (6 week exp.)	\$235
	8-session (10 week exp.)	\$445
3 person/small group - 50 minute		
	Drop-in	\$50
	4-session (6 week exp.)	\$177
	8-session (10 week exp.)	\$338

- 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)
- No additional discount applied to already discounted classes
- 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							
9:00 AM	Circuit * (50 min)	Intro to Reformer (50 min)	Pilates for Seniors - Reformer (40 min)		Circuit * (65 min)	Reformer/ Barrel (65 min)	
10:00 AM	Pilates for Seniors - Chair (40 min)						
11:00 AM		Reformer/ Tower (50 min)		Reformer/ Tower (50 min)			
11:30 AM	Chair (25 min)		Barrel (25 min)				
12:00 noon	Contemporary Reformer/ Tower ** (50 min)		Contemporary Reformer/ Tower ** (50 min)				
5:00 PM			Men's Advanced Cycle Circuit CLOSED				
5:15 PM							
6:00 PM	Circuit * (65 min)	Intro to Reformer (50 min)	Circuit * (65 min)	Advanced Circuit * (65 min)			
7:00 pm				Intro to Reformer (50 min)			

\* *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*

*Class schedule subject to change based on enrollment*

*See our website for class descriptions.*