

Pilates

class descriptions

All classes and sessions are
by appointment only.

Tower Mat Class 50 mins

Our signature Pilates Mat class utilizes the Tower apparatus to maximize the benefit of your workout. Your class will fly by as you discover optimal ways to strengthen your core.

Pilates Cross Trainer 50 mins

Get maximum results using both Tower Mat and Reformer. With only 3 people per class, you will get personal attention at a great price.

Reformer Class 45 mins

Geared towards those students who want to work exclusively on a studio quality Reformer.

prices | packages

All packages expire 3 months
from issue date.

Pilates Sampler \$ 325

(\$104 savings)

2 - Private Sessions

3 - Tower Mat Classes

3 - Pilates Cross Trainer

Combo Class Package \$ 325

5 - Cross Trainer & Reformer Classes

5 - Tower Mat Classes

Tower Mat Class

Single Class \$ 35

Package of 5 \$ 160

Package of 10 \$ 280

Package of 20 \$ 500

Cross Trainer/Reformer Class

Single Class \$ 48

Package of 5 \$ 225

Package of 10 \$ 420

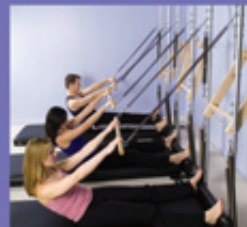
Private Sessions 55 mins

Single Session \$ 90

Package of 10 \$ 800

Pilates Class Schedule

Tower Mat Classes, Reformers, Pilates Cross Training, Private Sessions



1460 Second Ave, 2nd Floor
212.734.2277

Online Scheduling Available at

www.centerformovement.com

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Pilates Class Schedule

Effective July 6, 2010

Monday

8:00 Cross Trainer
9:30 Tower Mat
11:00 Tower Mat
4:30 Tower Mat
5:30 Cross Trainer
6:15 Cross Trainer
7:00 Tower Mat

Tuesday

9:00 Advanced Tower Mat
10:00 Cross Trainer
11:00 Cross Trainer
5:00 Tower Mat
6:00 Cross Trainer
7:00 Tower Mat

Wednesday

7:00 Reformer
8:00 Cross Trainer
9:30 Tower Mat
11:00 Tower Mat
6:15 Cross Trainer
7:00 Tower Mat

Thursday

9:00 Reformer
9:00 Tower Mat
10:00 Cross Trainer
5:00 Tower Mat
6:00 Reformer
7:00 Tower Mat

Friday

7:00 Cross Trainer
8:15 Intermediate Reformer
9:30 Tower Mat
5:00 Cross Trainer

Saturday

8:30 Cross Trainer
9:30 Tower Mat
10:00 Cross Trainer
11:00 Tower Mat

Sunday

8:00 Cross Trainer
9:00 Reformer
11:30 Tower Mat
12:30 Cross Trainer

All classes must be scheduled in advance. Call 212.734.2277 or schedule your class online at www.centerformovement.com

Private sessions are 55 minutes and are available by appointment 7 days a week.

www.centerformovement.com 212.734.2277

