

Core Concepts Pilates & Wellness

Pilates Rate Sheet

	Master Instructor	Instructor	Apprentice
Private Pilates Sessions:			
55 Minute:	\$65	\$60	\$50
5 Sessions:	\$285 (\$57 per session)	\$265 (\$53 per session)	\$225 (\$45 per session)
10 Sessions:	\$550 (\$55 per session)	\$510 (\$51 per session)	\$400 (\$40 per session)
New member special: (Limit 3 sessions)	\$40	\$35	\$30
30 Minute:	\$35	\$30	\$25
10 sessions:	\$285 (\$28.50 per session)	\$265 (\$26.50 per session)	\$225 (\$22.50 per session)
20 Sessions:	\$550 (\$27.50 per session)	\$510 (\$25.50 per session)	\$400 (\$20 per session)
Semi Private Pilates Sessions:			
55 Minute:	\$40	\$35	\$25
10 Sessions:	\$340 (\$34 per session)	\$290 (\$29 per session)	\$200 (\$20 per session)
Pilates/Equipment class: (Includes Pilates, TRX, Weight Training)	\$25	\$20	\$15
6 Classes:	\$144 (\$24 per session)	\$114 (\$19 per session)	\$84 (\$14 per session)
12 Classes:	\$264 (\$22 per session)	\$240 (\$17 per session)	\$144 (\$12 per session)
Pilates Mat & Props class:	\$15	\$12	\$8
5 Classes:	\$60 (\$12 per session)	\$50 (\$10 per session)	\$30(\$6 per session)
10 Classes:	\$100 (\$10 per session)	\$80 (\$8 per session)	\$50 (\$5 per session)
Circuit Training:	\$15	\$12	\$8
5 Classes:	\$60 (\$12 per session)	\$50 (\$10 per session)	\$30(\$6 per session)
10 Classes:	\$100 (\$10 per session)	\$80 (\$8 per session)	\$50 (\$5 per session)

*You must take a min. of one private session prior to taking equipment classes