

Core Concepts Pilates & Wellness

Pilates Rate Sheet

www.CoreConceptsClarence.com

Pilates 716 444 0542

Massage/Reiki 716 308 0449

Master Instructor

Instructor

Private Pilates Sessions:

55 Minute:	\$65	\$60
5 Sessions:	\$285 (\$57 per session)	\$265 (\$53 per session)
10 Sessions:	\$550 (\$55 per session)	\$510 (\$51 per session)
New member special: (Limit 3 sessions)	\$45	\$40
30 Minute:	\$35	\$30
10 sessions:	\$285 (\$28.50 per session)	\$265 (\$26.50 per session)
20 Sessions:	\$550 (\$27.50 per session)	\$510 (\$25.50 per session)

Semi Private Pilates Sessions:

55 Minute:	\$40	\$35
10 Sessions:	\$340 (\$34 per session)	\$290 (\$29 per session)
Pilates/Equipment class: (Includes Pilates, TRX, Weight Training)	\$25	\$25
6 Classes:	\$144 (\$24 per session)	\$144 (\$24 per session)
12 Classes:	\$264 (\$22 per session)	\$264 (\$22 per session)
Pilates Mat & Props class:	\$15	\$15
5 Classes:	\$60 (\$12 per session)	\$60 (\$12 per session)
10 Classes:	\$100 (\$10 per session)	\$100 (\$10 per session)
Circuit Training:	\$15	\$15
5 Classes:	\$60 (\$12 per session)	\$60 (\$12 per session)
10 Classes:	\$100 (\$10 per session)	\$100 (\$10 per session)

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