

# Core Concepts Pilates & Wellness

## Pilates Rate Sheet

[www.CoreConceptsClarence.com](http://www.CoreConceptsClarence.com)

Pilates 716 444 0542

Massage/Reiki 716 308 0449

Master Instructor

Instructor

### Private Pilates Sessions:

<b>55 Minute:</b>	\$70	\$65
5 Sessions:	\$325 (\$65 per session)	\$300 (\$60 per session)
10 Sessions:	\$600 (\$60 per session)	\$550 (\$55 per session)
<i>New member special:</i> (Limit 3 sessions)	\$50	\$45

<b>30 Minute:</b>	\$35	\$30
10 sessions:	\$325 (\$32.50 per session)	\$270 (\$27 per session)
20 Sessions:	\$600 (\$30 per session)	\$520 (\$26 per session)

### Semi Private Pilates Sessions:

55 Minute:	\$40	\$35
5 Sessions:	\$190 (\$38 per session)	\$165 (\$33 per session)

### Pilates/Equipment class:

(Includes Pilates, TRX, Weight Training)

6 Classes:	\$168 (\$28 per session)	\$168 (\$28 per session)
12 Classes:	\$300 (\$25 per session)	\$300 (\$25 per session)

### Pilates Mat & Props class:

5 Classes:	\$70 (\$14 per session)	\$70 (\$14 per session)
10 Classes:	\$120 (\$12 per session)	\$120 (\$12 per session)

### Circuit Training:

5 Classes:	\$70 (\$14 per session)	\$70 (\$14 per session)
10 Classes:	\$120 (\$12 per session)	\$120 (\$12 per session)

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

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