



## PRIVATE GROUP CLASSES

Arranged by a group of friends at a home, a social group, or at the worksite. Exercises develop your full body strength and flexibility from the core. Limiting class size allows the instructor to be in close contact with each client. Students provide their own location (if outside the studio) and mat; we provide our expertise, bands, balls, and other props.

## CLASS OPTIONS

- **Fundamentals of Pilates Mat Series:** For those who are new to Pilates, this fun, educational, yet challenging class will teach students the fundamental Pilates exercises and technique, and prepare your core strength to handle deeper work.
- **Intermediate or Advanced\* Pilates Mat Series:** For those who are familiar with Pilates Mat exercises and/or small apparatus, this fast-paced class is flowing, fun, and focused on a more challenging repertoire of exercises. Students must be injury free, and know how to modify, to participate in this class.

*\*Instructor approval mandatory for participation in Advanced Mat Series.*

**NOTE:** Individuals wanting to join a friend's class series already in session, or who have physical issues that need attention will want to book private lessons, or take an 'Intro to Pilates' Workshop before beginning a class.

## CLASS SCHEDULING & PRICES

A group of students may purchase and schedule mat classes in 5-week BLOCKS. Classes are to be held each week consecutively and paid in full prior to the first class of the BLOCK. Maximum class size is 10 students outside the studio, 6 students at Whole Pilates.

**NOTE:** Class cost is to be shared by all students taking the class.

**OPTION A:** Class held at Whole Pilates Studio (limited to 6 participants): \$600/Block

**OPTION B:** Class held within 7 miles of Whole Pilates Studio: \$600/Block

**OPTION C:** Class held outside 10 miles of Whole Pilates Studio: \$700/Block

Not sure if the class is for you? Reserve a time for a free observation of an ongoing class.