

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am – 7:30 am		Intermediate Reformer Mona	Beginner/Intermediate Reformer Mona	Intermediate Reformer Mona	Intermediate Reformer Mona
	Intermediate Reformer Kirsty 7:00 – 8:00 am	Int / Adv Mat Mona 7:35 am – 8:35 am		Int / Adv Mat Mona 7:35 am – 8:35 am	
8:45 am – 9:45 am	Intermediate Mat Kirsty 8:50-9:50 am	Intermediate/Advanced Reformer Mona 8:45-9:45 am		Intermediate/Advanced Reformer Mona 8:45-9:45 am	
	Beginner/Intermediate Reformer Mona 8:50-9:50 am		**Chair/ Mat Duet Kirsty 8:50-9:50 am <b>**Starts Sept 19</b>		
10:00 - 11:00 am	Reformer for Men Kirsty	Gentle Mat Kirsty 10:00 - 11:00 am		Intermediate/Advanced Reformer Kirsty	
		Intermediate Reformer Mona 10:00 - 11:00 am			
11:15 - 12:15 pm	Beginner/Intermediate Reformer Kirsty	Intermediate Reformer Mona	Beginner/Intermediate Reformer Kirsty	Beginner/Intermediate Reformer Mona	Intermediate Reformer Mona
12:30 – 1:30 pm	Intermediate/Advanced Reformer Kirsty 12:30 – 1:30 pm		Intermediate/Advanced Reformer Kirsty 12:30 – 1:30 pm	Reformer Jumpboard Kirsty 12:30 – 1:30 pm	
	Barre Mona 12:30 – 1:30 pm	**Chair/Mat Duet Mona 12:30 -1:30 pm <b>**Starts Sept 19</b>			
4:15 – 5:15 pm	Beginner Reformer Mark 4:05 – 5:05 pm <b>**Starts Sept 16</b>			Barre Mona 4:00-5:00 pm	
6:30 – 7:30 pm	Beginner Reformer Mark 5:15 – 6:15 pm <b>**Starts Sept 16</b>		Beginner Reformer Mark 5:15 – 6:15 pm <b>**Starts Sept 18</b>	Pilates Fundamentals Beginner Mat Heather 5:30 – 6:30pm <b>**Starts Sept 19</b>	<b>New Classes!</b> <b>Saturday</b> Pilates Fundamentals Beginner Mat Mark 10:00 – 11: 00 am <b>**Starts Sept 21</b> Beginner Reformer Mark 11:15-12:15 pm <b>**Starts Sept 21</b>
			Intermediate Mat Mary Ann 5:15 – 6:15 pm	Intermediate Reformer Mary Ann 5:30 – 6:30 pm	
		Intermediate Reformer Mary Ann 6:30 -7:30 pm	**Chair/Mat Duet Mark 6:30 -7:30 pm	Intermediate Reformer Mary Ann 6:30 – 7:30 pm	
		Intermediate Reformer Mary Ann 7:35 -8:35 pm			

# Studio Rates

## New to Pilates? Join a Beginner Series!

### **Reformer Series**

1 Class / Week for 4 weeks = \$100.00 (4Classes)

### **Matwork Series**

1 Class / Week for 4 weeks = \$60.00 (4Classes)

### **Studio Sampler**

1 one hour private, 1 mat class, 1 Reformer class = \$100.00

## Matwork

\$15.00 / Class Punch Pass \$150.00 (10 Classes with a 3 Month Expiry Date)

Drop In \$17.00

## Reformer

\$25.00 / Class for a 6 week session

1 Class / Week for 6 Weeks = \$150.00 (6 Classes)

2 Classes/ Week for 6 Weeks = \$300.00 (12 Classes)

Drop In \$27.00 (limited spots available, check with studio)

Semi Privates \$45.00 / per person

## Chair Series

1 Class / Week for 4 weeks = \$100.00 (4Classes)

\$27.00 / Class Drop In

\*\*2 people max per class

## Barre

Barre \$15.00 / Class for 6 week session

Drop In Barre \$17.00

## Private Sessions

1 hour \$75.00

5 hour package \$350.00 Bulk discounted rate (\$70.00 / hour)

10 hour package \$650.00 Bulk discounted rate (\$65.00 / hour)

*In 10 sessions you'll feel the difference, in 20 sessions you'll see the difference and in 30 sessions you'll have a whole new body.*

**Joseph Pilates**



*Call the studio to register*

**250.352.1600**

*info@kootenaipilates.com*

*540 Baker Street  
Nelson, BC*



♥ Older adults (65 +) receive a 10 % discount on group Reformer classes