



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BALANCE & STRENGTH



Pilates Reformer

Pilates Reformer is different from other exercise:

- Complete coordination of spirit, mind and body
- Precision of movement, balance, body alignment and purposeful control
- Improves vitality and mental health
- Safe, gentle and can be scaled to all abilities and fitness levels
- Great for physical therapy, and for people who are recovering from injuries

Note: Ages 13+; All sessions and packages are valid for 6 months from purchase date. Sessions are non-refundable and non-transferrable.

Pilates Reformer	Member	Non-Member
Evaluation	\$55	\$70
Group		
1	\$34	\$54
5	\$140	\$215
10	\$246	\$366
20	\$400	\$580
Private		
1	\$73	\$99
5	\$330	\$390
10	\$645	\$765
20	\$1120	\$11320
Semi-Private		
1	\$47	\$77
5	\$210	\$260
10	\$360	\$510
20	\$660	\$820

Prices as of 1/1/2025