



# Pilates Schedule

## JANUARY 2020

Contact the Gym Desk with Questions at 904.273.7707

Fitness schedule also available at [www.pvicmember.com](http://www.pvicmember.com) & Club Member App

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10 a.m. <b>MIXED LEVEL REFORMER</b> (Ginny)	5 p.m. <b>MIXED LEVEL REFORMER</b> (Ginny)	10 a.m. <b>MIXED LEVEL REFORMER</b> (Ginny)		10 am. <b>MIXED LEVEL REFORMER</b> (Ginny)	

ALL BEGINNERS HAVING NEVER TAKEN A PILATES CLASS MUST SCHEDULE AT LEAST 1-2 PRIVATE SESSIONS BEFORE ENTERING A CLASS, PLEASE CALL THE FRONT DESK AT 273-7707 TO SCHEDULE.

IN ORDER TO ENSURE YOUR SAFETY, THE SAFETY OF OTHERS AND THE FLOW OF THE CLASS, PARTICIPANTS ARE REQUIRED TO HAVE PRIOR PILATES EXPERIENCE OR TO COMPLETE AN INTRODUCTORY SESSION BEFORE ENROLLING IN PILATES CLASSES. SEE BACK FOR MORE INFORMATION.

ALL CLASS RESERVATIONS ARE TAKEN OR CANCELLED BY FRONT DESK STAFF ONLY.  
INTRO SERIES CLASS INFORMATION AVAILABLE AT THE GYM DESK.

Pilates Personal Training is offered for those students who prefer to choose their own trainer and their own schedule. Whether you work on an individual basis with your trainer, or have one or two of your friends join in, you will enjoy a customized program that is designed to meet your specific fitness goals!

**\$65 per student per hour**  
**\$50 per student per 45 Min**

**\$35 per student/per 30 Min**  
**1:1 Instructor:Student ratio**

**\$45 per student/per hour**  
**1:2 Instructor:Student ratio**

**\$40 per student/per hour**  
**1:3 Instructor:Student ratio**

*If you are interested in Pilates Personal Training or Introductory Sessions, please call the Gym at 904.273.7707.*

### PILATES | CLASS DESCRIPTIONS

#### **MIXED LEVEL REFORMER**

This class is a mat/reformer class for all levels. This class is also suitable for kid's ages 11 and up, while accompanied by their parent.

\$25 Per Class, Per Person

#### **COMBO APPARATUS CIRCUIT**

Pilates apparatus includes reformer, jumpboard, chair, cadillac/trapeze done in rotation or circuit type of class. Challenging for all levels. Some Pilates experience highly recommended.

\$ 25 Per Class, Per Person