

Pilates

Pilates @Sportsplex

Pilates @Sportsplex offers many options to train in Pilates. Pilates is a great workout in and of itself, but in the Sportsplex environment offers a fantastic balance and addition to all of the other fitness opportunities here.

Private or Duet Sessions Experience all of the Pilates apparatus that you have seen and wondered how to use! These 60 minute workouts utilize the reformer/tower combo, Wunda Chair combo, and various small Pilates apparatus. This classical approach is integrated (use a number of different apparatus), and systematic (following an order for the ultimate mind/body connection) to ensure a fun, challenging and never boring workout.

Small Group Tower Training—a full body workout that utilizes a system of springs and bars for greater resistance and stretch, developing strong, lean, flexible muscles. Minimum of 3.

Fees		
Private Session	One instructor, one client utilizing all apparatus	\$ 85
	6 sessions	\$490
	12 sessions	\$935
Duet Session	One instructor, two clients using all apparatus. (price per Person)	\$ 60
	6 sessions	\$345
	12 sessions	\$660
Small Group Tower		\$ 40

Reservations required. No shows or cancellations less than 24 hours in advance will be charged to the client.



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