

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.

Individual, Duet, or Trio Sessions Experience all of the Pilates apparatus that you have seen and wondered how to use! These 55 minute workouts utilize the reformer/tower combo, Wunda Chair combo, barrel, 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. Reservation required

Tower Classes Add “bells and whistles” to your Mat workout. With three towers, we can offer the energy of a group experience while getting that extra attention we all love. The tower works with springs and bar attachments for a total body workout. The resistance and tension of the springs help with many exercises to locate that “Powerhouse” connection. They also add an additional challenge. This 45 minute workout requires a reservation.

Introductory Package – Consists of two private sessions and one tower class. Packages must be used within 30 days.

Instructors: Pilates @Sportsplex has a wide range of diverse and unique teachers, with certifications from the leading Pilates educators. We offer a variety of techniques and specialties to our clients.

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

For more information call the Pilates @Sportsplex hotline, extension 300.

Pilates @Sportsplex

Class Fees

	Member	Non Member
Private Session - One teacher, one client utilizing all apparatus.	\$ 75	\$ 85
Duet Session - One teacher, two clients using all apparatus.	\$ 55	\$ 60
Trio Session - One Teacher, three clients using all apparatus.	\$ 40	\$ 45
Tower Single - one teacher, one client utilizing Tower and matwork	\$ 65	\$ 75
Tower Duet - One Teacher, two clients utilizing Tower and matwork.	\$ 35	\$ 45
Tower Trio - One Teacher, three clients utilizing Tower and matwork.	\$ 25	\$ 35
Introductory Package - 2 private sessions and one Tower class	\$150	\$175

Class Information

All private sessions are 55 minutes long and must be cancelled 24 hours in advance or the client will be billed for the session booked.

All tower sessions are 45 minutes long and require previous Pilates Mat class experience.

Introductory Package -must be used within 30 days.

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

For more information call the Pilates @Sportsplex hotline,extension 300.