

PILATES PROCEDURES AND PRICES

PRIVATE SESSIONS

Sign up procedure:

- ✓ Minimum of 5 privates or duets before starting apparatus classes for clients with no previous experience.
- ✓ Clients with previous apparatus experience will need a minimum of 1 private to enter into the program, depending on ability level.
- ✓ Sign up at the front desk for available appointments. If a manager is on duty, please ask to speak with him/her.
- ✓ 24-hour cancellation policy
- ✓ If you have special needs such as injuries or chronic conditions, please contact Diane to schedule your private lessons at diane@flatironathleticclub.com.

Session Costs:

FAC Member

- ✓ Private Session: \$55 per hour
- ✓ Pre-Pay 5 private punch card \$250 (save \$25)
- ✓ Duet Session: \$35 per client
- ✓ Trio Session: \$25 per client

Non-Member (Fee includes use of club facilities.)

- ✓ Private Session: \$70 per hour
- ✓ Pre-Pay 5 private punch card \$325 (save \$25)
- ✓ Duet Session: \$45 per client
- ✓ Trio Session: \$35 per client

CLASS SESSIONS

Sign-up Procedure for Classes

- ✓ Sign up begins Sunday at 8am for each week, at the front desk or by telephone.
- ✓ Class cancellation policy considers members on wait list.
- ✓ 50—60 min sessions

MATWORK

- ✓ Teacher list for mat classes is posted on the Pilates info board.

Class Cost: Free for members

APPARATUS

- ✓ All Apparatus participants are required to complete 5 private sessions before participation in classes.
- ✓ 12 business hour cancellation policy
- ✓ Maximum of 7 people per class.

Class Cost

FAC Member

- ✓ Individually: \$15 per class
- ✓ Punch Cards: 10 \$115 (\$11.50 / class)
20 \$210 (\$10.50 / class)

Non-Members

- ✓ Individually: \$20 per class
- ✓ Punch Cards: 10 \$175 (\$17.50 / class)
20 \$310 (\$15.50 / class)

Note: Punch Cards expire 6 month from date of purchase.