

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6am Pilates Apparatus Class		6am Pilates Apparatus Class		<u>March Saturday Schedule</u> March 6th 9am Pilates Apparatus Class March 13th 8:30am & 10am Pilates Apparatus Class March 20th 9am Pilates Apparatus Class March 27th 8:30am & 10am Pilates Apparatus Class
				NEW! Special 10am Pilates Apparatus Call Studio for Details	
5:30pm Pilates Mat Class (Drop In)		5:30pm Pilates Apparatus Class			
6:30pm Pilates Apparatus Class	6pm Pilates Apparatus Class	6:30pm Vinyasa Yoga No Class March 17 th	6pm Pilates Apparatus Class		
7:30pm NIA/ Flowing Movement & aerobic exercise! (Drop In)					

NEW! 6:30pm Wednesday Vinyasa Yoga with Daidre

NEW! Friday 10am Pilates Apparatus Class

Please Note Thursday Class Now at 6pm

Check Out Our Saturday Schedule for March!

Please Remember to Sign Up, Classes May be Full & Reservation is Required

Pilates Apparatus Classes use equipment to emphasize the Pilates method of body conditioning, increase muscular tone & endurance, enhance core strength & coordination with balance, control, focus & stability (Reservation Required)

Pilates Mat Class combines floor & standing work developing sleekness rather than bulk. Turns the abdomen, lower back, & hips into a firm central support for a graceful body, building you stronger from the inside out! (Drop In)

NIA integrates concepts of yoga, tae kwon do, tai chi, and modern dance for a liberating full body workout for all levels of fitness! (Drop In)

Vinyasa Yoga is a flow yoga linking breath with movement while flowing from one posture to the next. Regardless of experience or background, awaken your inner playful energy and honor the divine spark in you (Drop In)

*Private, Duet, & Semi-Private Sessions are available by appointment. Reserve a time that is convenient for you!
Reservations Required for All Pilates Apparatus Classes, call 916.457.7700 or email frontdesk@healthyhabitsstudio.com
Privates Sessions or Beginning Apparatus Class Required Prior to Joining the Apparatus Classes*

Client Card Packages & Drop In Options

Pilates Apparatus Class		Private Sessions		Duet Sessions		Drop In Classes	
Single Class	\$35	Single Session	\$75	Single Session	\$100	Single Class	\$15
Five Classes	\$150	Five Sessions (\$70/Session)	\$350	Five Sessions (\$90/Session)	\$450	Ten Classes	\$120
Ten Classes	\$250	Ten Sessions (\$65/Session)	\$600	Ten Sessions (\$80/Session)	\$800	Twenty Classes	\$200

Memberships

The Pilates Studio	\$199/Month	Includes Unlimited Pilates Apparatus, Mat, NIA, Belly & Workshops at the H Street Studio
Platinum	\$99/Month	Includes Unlimited Classes at the J Street Studio & Pilates Mat, NIA, Belly & Workshops at the H Street Studio
Healthy Habits Elite	\$249/Month	Includes Unlimited Classes at Both Studios Plus Workshops & Special Events

916.457.7700

www.HealthyHabitsStudio.com

5363 H Street, East Sacramento