



WE HAVE MOVED!!!

TO 5207 J STREET, 2ND FLOOR
(less than a mile from our old studio)

916.457.7700

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6am Pilates Apparatus Class		6am Pilates Apparatus Class	9:00 am Pilates Apparatus Class	8:30am Pilates Apparatus Class
Noon Open Studio	7 am Pilates Apparatus Class	Noon Open Studio	7am Pilates Apparatus Class		9:30am Pilates Apparatus Class
5:30pm NIA! Flowing Movement & aerobic exercise! (Drop In)		5:30pm Pilates Apparatus Class			
6:45pm Pilates Apparatus Class-Focus on Fundamentals	6:30pm Reformer/Jump board Class		6pm Pilates Apparatus Class	5:30 pm Pilates Apparatus Class	

ENJOY THE SAME GREAT PILATES TRAINING IN OUR NEW, AIRY STUDIO ON THE SECOND FLOOR AT 5207 J STREET

9:00 AM Friday Pilates Apparatus Class

5:30 PM Friday Pilates Apparatus Class

6:30 PM Tuesday Pilates Jumpboard and Reformer Class. Expand your Pilates repertoire and get a cardio boost as we incorporate a 10-20 minute jump board routine into our Reformer Class.

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)

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)

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 carolirving@mac.com

Privates Sessions or Experience in Pilates Apparatus Required Prior to Joining the Apparatus Classes

Client Card Packages & Drop In Options

<u>Pilates Apparatus Class</u>		<u>Private Sessions</u>		<u>Duet Sessions</u>		<u>Drop In Classes</u>	
Single Class	\$35	Single Session	\$70	Single Session	\$100	Single Class	\$15
Five Classes	\$150	Five Sessions (\$65/Session)	\$325	Five Sessions (\$90/Session)	\$450	Ten Classes	\$120
Ten Classes	\$250	Ten Sessions (\$60/Session)	\$600	Ten Sessions (\$80/Session)	\$800	Twenty Classes	\$200

Membership

The Pilates Studio	\$199/Month auto dues	Includes Unlimited Pilates Apparatus, Mat, NIA, Belly & Workshops at the H Street Studio
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www.HealthyHabitsStudio.com

5207 J Street, East Sacramento