



www.abdalakeoswego.com

503.381.3281

PILATES, FITNESS, & BALLET CLASSES & PRIVATE LESSONS ~ 2025 FALL TERM

NO MEMBERSHIP FEES.

Gift Certificates Available. Please let us know if you've referred a friend so we can thank you for your referral.

PILATES MAT & FITNESS CLASSES

Mat Classes Taught by Stott Pilates Certified Instructors. Mat Classes are 55 minutes.

Drop-In rate per Mat & Fitness class to be paid in advance: \$25

PILATES Essential/Intermediate Mat: Achieve the health benefits of Pilates as you perform the basic principles and essential exercises on the mat. Improve core strength and flexibility while correcting imbalances.

Wednesday (9/3-10/15)	Teen/Adult	10:15-11:15 am	\$147
Wednesday (10/22-12/10)	Teen/Adult	10:15-11:15 am	\$147

TEEN/ADULT Essential Ballet: It's never too late to begin or resume dancing! Work on proper body alignment to build strength, technique, and flexibility. This class is for those who are new to ballet and those who would like to improve their basic technique. A versatile class geared to accommodate the student's experience and skill level.

Monday (9/8-10/27, No 10/6)	Teen/Adult	7:30-8:30 pm	\$147
Wednesday (9/3-10/15)	Teen/Adult	11:30-12:30 pm	\$147
Monday (11/3-12/8, No 11/27)	Teen/Adult	7:30-8:30 pm	\$105
Wednesday (10/22-12/10)	Teen/Adult	11:30-12:30 pm	\$147

PRIVATE, SEMI-PRIVATE & SMALL GROUP CLASSES

Reformer and Mat Pilates classes are available by appointment. Please call or email to schedule.

There is a *2 month expiration* on 4 and 5 class packages and a *4 month expiration* on 10 class packages. All semi-private and group package fees are per person.

New Students: A one hour consultation is required for all new students. This session will include a postural analysis and an introduction to the basics of Pilates or Ballet. This will help you and your instructor develop a program that is ideally suited for you. **Fee is \$80.**

NEW STUDENT INTRODUCTION PACKAGE: Your first 4 private Pilates classes are only \$285!

New students only - One time use.

This is a great way to gain an understanding of the principles of Pilates and learn a series of exercises on the mat and/or Reformer. Pilates equipment is provided.

PRIVATE CLASSES: Pilates Mat and/or Reformer

A 55 minute one-on-one session with a certified instructor. A workout will be specifically designed for your needs and personal goals.

Pilates equipment provided.

Single Class	\$80
Package of 5	\$400
Package of 10	\$750

SEMI-PRIVATE: Pilates Mat and/or Reformer

A 55 minute session with you and another person. Pilates equipment provided.

Single Class	\$50 per person
Package of 5	\$250 per person
Package of 10	\$425 per person

SMALL GROUP: Pilates Mat

A 55 minute group session (3-4 students) with a certified instructor. Pilates equipment provided.

Single Class	\$40 (per person)
Package of 5	\$225 per person
Package of 10	\$375 per person

POLICIES

24 hour notice to main office is required to cancel or reschedule Private, Semi-Private and Small Group classes. Clients will be charged the full price of their session for all late and missed appointments. All payments are due in advance. Due to scheduling commitments, appointments cannot run overtime. Semi-Private & Group mat and/or Reformer classes may be upgraded when one or more clients are absent. Ask about cost differences.