



www.abdalakeoswego.com

503.381.3281

PILATES, FITNESS, & BALLET CLASSES & PRIVATE LESSONS ~ 2022 FALL TERM

NO MEMBERSHIP FEES. All sessions are discounted.

Drop-In rate per class to be paid in advance: 1 - 1¼ hrs. = \$30; 1½ hrs. = \$35; 2 hrs. = \$39.00

Take a 5% discount when registering for 2 classes/week. Gift Certificates Available.

Please let us know when you've referred a friend so we can thank you for your referral with a special gift.

PILATES MAT CLASSES

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

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

Wednesday (9/7-10/12)	Teen/Adult	10:50-11:50 am	\$110 (6-wks)
Wednesday (10/26-12/7, No 11/23)	Teen/Adult	10:50-11:50 am	\$110 (6-wks)

GET IN SHAPE WITH ADDITIONAL FITNESS CLASSES

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 (9/12-11/28, No 11/21)	Teen/Adult	7:15-8:30 pm	\$275
-------------------------------	------------	--------------	-------

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 is \$400

Package of 10 is \$750

SEMI-PRIVATE: Pilates Mat and/or Reformer

A 55 minute session with you and another person. Bring a friend or ask for assistance in finding a partner. Pilates equipment provided.

Single Class \$50 (per person)

Package of 5 is \$250 per person

Package of 10 is \$425 per person

SMALL GROUP: Pilates Mat

(3-4 private Reformer lessons required first due to the individualized nature of Reformer exercises.)

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

Single Class \$40 (per person)

Package of 5 is \$225 per person

Package of 10 is \$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, we cannot run appointments overtime. Semi-Private & Group mat and/or Reformer classes may be upgraded when one or more clients are absent. Ask about cost differences.